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NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

Humboldt County, CA | FREE
Thursday, Jan. 15, 2026
Vol. XXXVII Issue 3
northcoastjournal.com



Health and Wellness

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MELVIN SEALS & JGB



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Coast siltassel (*Garrya elliptica*) has showy winter flowers. Read more on page 29. Photo by Pete Haggard

ON THE COVER
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NORTH COAST JOURNAL OF POLITICS, PEOPLE & ART

JAN. 15, 2026 • VOLUME XXXVII ISSUE 3
North Coast Journal Inc.
northcoastjournal.com
ISSN 1099-7571 ©Copyright 2026

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The North Coast Journal is a weekly newspaper serving Humboldt County. Circulation: 15,500 copies distributed FREE throughout Humboldt County. Mail subscriptions: \$39 / 52 issues. Single back issues mailed \$2.50. Entire contents of the North Coast Journal are copyrighted. No article may be reprinted without publisher's written permission. Printed on recycled paper with soy-based ink.

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NCJ MAILBOX

‘Opportunity for the Future’

Editor:

While the recent Arcata fire that destroyed a half block of buildings, businesses, apartments and studios is a terrible disaster, it also has presented an opportunity for the future. As I walked about the rubble, I'm imagining a rebuilding response in downtown Arcata that would create attractive new business spaces and more housing for residents within walking distance to everything needed nearby.

What if all the property owners involved (or perhaps a new single owner or government agency) fully committed to building a single building and landscaping that covered the entire downtown half block? The first floor could contain multiple businesses and the second, third, fourth? floors could be a mix of much needed downtown senior housing, some affordable housing apartments and other rental units that, combined with business leases, would create an attractive “return on investment” for the owners.

I imagine a new “smart” building designed with best “sustainability” practices to reduce total building operating CO2 emissions with the roof and external walls covered with solar panels. Inside, a “greenhouse” covered atrium or central court would give access to people out of the rain to the first-floor businesses and give residents and others a social place to enjoy benches and tables.

First, many steps remain ahead to plan for and remove hazardous waste for proper removal and disposal at approved sites. Next, let's all pitch in with creative ideas for the future of this site. I may not live long enough to see what will happen, but I believe Arcata residents and city leadership will find an innovative and sustainable replacement for what burned on Jan. 2.

For more ideas, a friend recently posted a series of new and updated resources to support policymakers, planners and designers in decarbonizing the built environment to meet our climate change challenges: architect-

Near the Solstice

Near the Solstice
they hiked the Skunk Cabbage Trail
with the requisite ferns
the spruce and hemlock dripping
with moss and icy water
the half decayed tiny bridges

The cold sun filtered thru the trees
with the occasional shaft of
holy light portending
a divine message
a confusing display for
a non-theist

They discussed living
wills and advanced directives
One spoke of the necessity
The other denied the need
foolishly claiming immortality

At the overlook
they viewed the ocean and
the horizon obscured by fog
shared a Satsuma
and turned for the hike out.

— Lynda McDevitt

ture2030.org/architecture-2030-and-climate-positive-design-introduce-new-resources-for-decarbonizing-the-built-environment/.

Mark Larson, Arcata

‘Thoroughly Impressed’

Editor:

“Not Impressed” is how I've often felt within the realm of politics. Carol Moné's letter (“Not Impressed,” Dec. 4) shows that our community isn't buying the lie we are fed; that our needs simply can't be addressed. This ruling-class duopoly and its good-cop-bad-cop trope has lost my patience, it seems to have lost yours, too. In response, I have turned toward the revolutionary voice of Dr. Butch Ware. His Green Party gubernatorial campaign is people-powered; he knows that “who funds you runs you.”

As he rejects all corporate, super PAC and lobbyist money, our voices are heard.

Universal health care, tuition-free higher education and an end to the housing and homelessness crisis will be within sight. Our state tax dollars will no longer fund ICE raids, war and genocide. Basic needs will be met and mutual aid networks will be supported.

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Mira O'Barr, Arcata

Trump/Fascist/WWIII

Editor:

Is Trump a fascist? Fascism is an extreme right-wing authoritarian government, promoting nationalism and a government with no checks and balances, demands total societal control through a police state imposed gradually or by martial law suspending normal laws and ending freedom and democracy, leaving only dictator Donald and his corrupt appointees to rule our lives. We fought against that in WW II and thought we had won.

Since the formation of NATO, Europe has experienced the most peaceful time in its entire history. Putin has threatened Europe while it destroys Ukraine in an attempt to acquire it. Now that Trump has taken Venezuela, he has given the green light for China to take Taiwan. Trump's ambition to claim Greenland, where we already have a military base, and lay claim to Canada, Cuba, Columbia and the rest of the western hemisphere can only mean war, death and destruction, leading to a clash of hemispheres that can only bring about WWIII. For any member of Congress to rationalize a different outcome by pointing out the small snapshots of events like deposing Maduro and ignoring the big picture will destroy our nation, democracy and send us back to the Stone Age. Albert Einstein famously said, "I know not with what weapons World War III will be fought, but World War VI will be fought with sticks and stones." We live in a critical time with AI and Quantum computers that could cure all diseases and solve problems that have plagued humanity since our beginning or be used for evil, and those who lust for wealth and power, who promote hatred of others will bring us only suffering, death and the end of science.

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NCJ NEWS



Photos by Mark Larson

The ICE Out for Good protest in Eureka was one of three in Humboldt County and among hundreds of others across the nation in the wake of Renee Good's killing on Jan. 7.

Humboldt Joins ICE Out for Good Protests

By Journal Staff

newsroom@northcoastjournal.com

Around 200 people turned out Saturday at the Humboldt County Courthouse to protest last week's fatal shooting of a Minneapolis mother of three in her car by an U.S. Immigration and Customs Enforcement officer during a massive deportation operation in the city. The gathering was one of three in

Humboldt — others took place in Arcata and Trinidad — and among hundreds held across the country in a movement known as "ICE Out for Good" in reference to the killing of 37-year-old Renee Good.

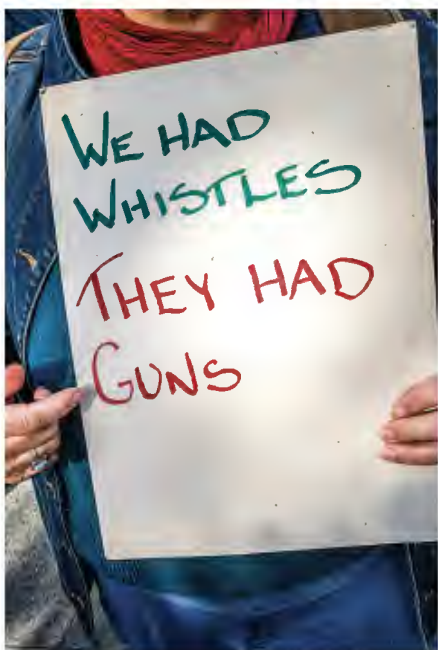
Her death sparked outrage and demands for accountability amid the Trump administration's massive immigration crackdown in cities across the nation that

have seen at least five people killed. A federal investigation into Good's shooting is ongoing.

Photographer Mark Larson was there to capture the scene on Saturday, where many were holding homemade signs, including "The ICE Man Can't Kill the Good in All of US," "Resist" and "Stand for Good Not ICE." The day marked the second local



A portrait of Renee Good and flowers at Saturday's protest.



One homemade sign contained the words of Renee Good's partner.

protest in response to Good's killing and the overall tactics employed by the Trump administration, ICE and other immigration agencies. Another took place at the courthouse on Jan. 8, one day after the shooting.

Leah Greenberg, a co-executive director of Indivisible, one of several grassroots

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NCJ NEWS

Continued from previous page



Photo by Mark Larson

The ICE Out for Good protest in Eureka was one of three in Humboldt County and among hundreds of others across the nation in the wake of Renee Good's killing on Jan. 7.

coalitions that organized the weekend of action, told NPR that the demonstrations allow people to “grieve, honor those we’ve lost, and demand accountability from a system that has operated with impunity for far too long.”

“Renee Nicole Good was a wife, a mother of three, and a member of her community. She, and the dozens of other sons, daughters, friends, siblings, parents,

and community members who have been killed by ICE, should be alive today,” Greenberg said in a statement to the news organization. “ICE’s violence is not a statistic, it has names, families, and futures attached to it, and we refuse to look away or stay silent.”

The Women’s March “Free America Walkout” is set to take place at the courthouse starting at noon on Saturday, Jan. 17. ●



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How to Meditate When the World is on Fire

By Serah Blackstone-Fredericks
feature@northcoastjournal.com

This week has been incredibly trying for so many of us and our community. How do we move toward a sense of balance, ease and fulfillment in a world that is so loud?

I don't expect 2026 to feel easier or calmer than 2025, but I know I will move into it with some more supportive tools for my nervous system. As someone who grew up immersed in Quaker faith, Hinduism and Buddhism, I would like to explore

meditation with you, as well as ways you can invite a bit of peace into your life.

I know many of us have heard “start where you are” or “just take the first step,” but even this can feel daunting when life is constantly bombarding our nervous systems. There is this idea, fueled by media depictions, that you’ll suddenly arrive at the gates of enlightenment. Books, courses and audio files are sold under the pretense that if you just purchase

Continued on next page »



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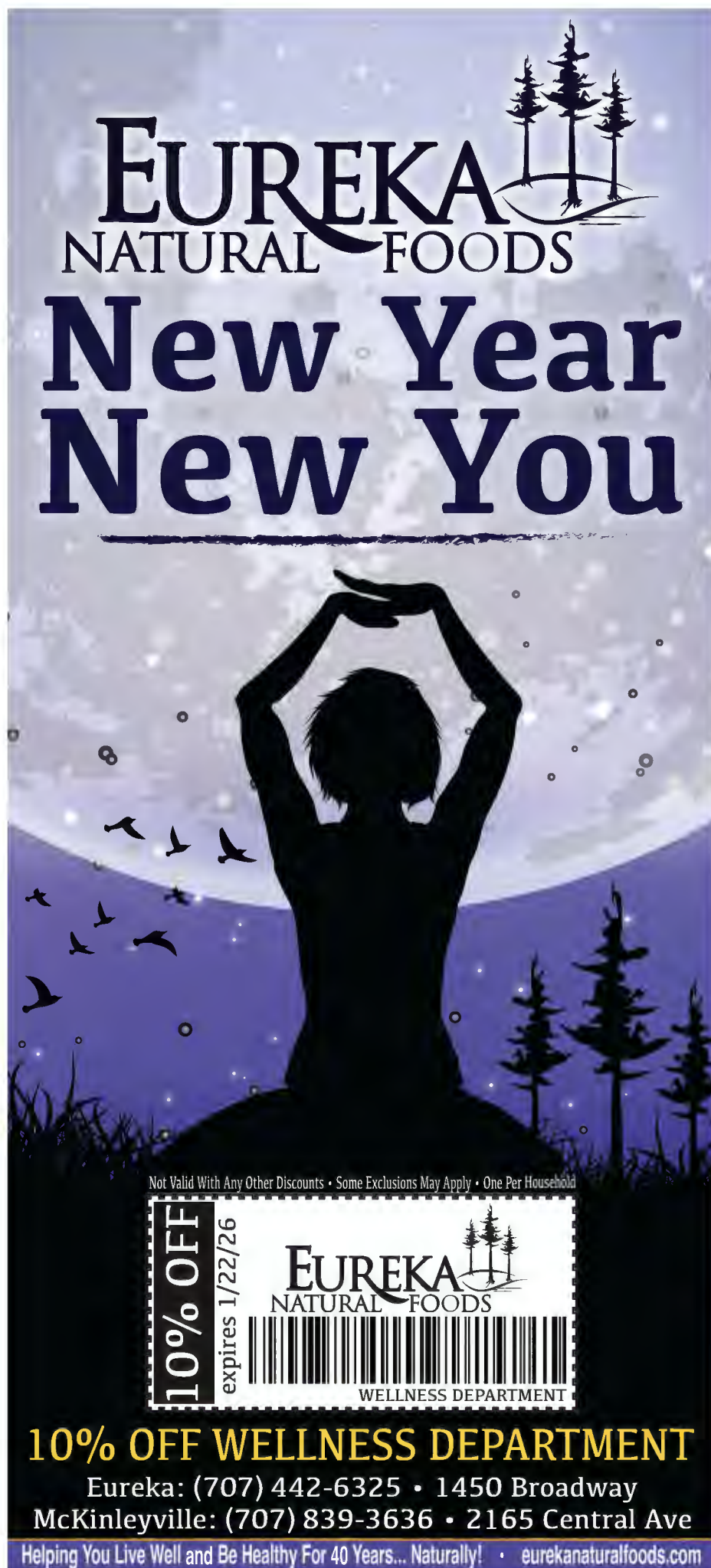
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NCJ FEATURE

Continued from previous page

one more thing, your life will change. The biggest myth is that we are incapable of changing on our own, should we choose to, and that we require others to make a difference. Although we are creatures of relation and socialization helps us become through constant mirroring, we already possess many tools to improve our own lives. Though, to be honest, it takes time to build a consistent meditation practice and effort to simply sit still.

When I am internally distraught, I can not for the life of me throw anything on the pottery wheel. It's impossible without being centered in myself. It can be hard to sit still with the quiet of your own mind if life feels especially challenging, overwhelming or stressful, but the contradiction is that sometimes the quiet is exactly what your heart space craves.

"Lean into the stillness," or, "Let go of the chaos that is around you." We hear these words and think we are off course. Our minds may even start to betray us, focusing on how we are not doing things correctly, but overall, meditation is about learning to sit with yourself — integrating a bit of stillness if at all possible.

Start with a space. My daughter and I are on our 17th move collectively, not counting the times we hopped around and slept in people's spare rooms and couches, and it's been disorienting and destabilizing to say the least. Yesterday, a friend recommended I have one constant area in the home that stays the same and we set it up right away when we move. I wish I could say I thought of this, but I am thankful for her wisdom.

Start by setting up a consistent sanctuary in your home. It needn't be large. (One time, I used a small downstairs half bath.) If you share a space with many people, it could be a corner. Sometimes I use stools

I find on the side of the road or, if I have funds, I buy a small bench. Add things you love to it: flowers, candles, a photo from a magazine or a sticker. Energetically claim the space as your own. This will be a Zen zone.

Next, find some time to sit in front of it and spend time in your space. Settle in. Play music that feels soothing to your nervous system, make tea or light a candle (just don't leave it unattended).

When you are having a rough day, or a hard time, you can return to the space you created for yourself. It can be a bit of an emotional landing zone. If you have small kids, you can store your items in a basket when you are done. The same can be done for roommates, too.

The goal is to find a little peace within, and it might not be for a long time, but if you can build up some reserves by having a quiet space to rely on, it means something. (Bonus if you set it up with replaceable items so you are not too distressed if something is tinkered with. A Zen zone is simply a quiet space for your energy to land, for your body to feel safe and for you to remember your own humanity.

The world is at a moment of noise beyond noise beyond noise. Quieting the mind may be the way forward. It may be a way to hear a little more of the quiet voice within that only speaks once. Let's meet in the messy middle. ●

Serah Blackstone-Fredericks is a multidisciplinary artist, mother, and multilingual global citizen interested in race politics, creative exploration and human connection. Her two published works of prose explore the complexities of love and the underbelly of feeling forgotten.

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Winter squash and red beet soup.
Photo by Simona Carini

Start the Year with (More) Soup

By Simona Carini
onthetable@northcoastjournal.com

Did you start the new year with a wish to eat more vegetables? If not, you still have time to make one. Either way, here's my suggestion on how to put such aspiration into practice: a vegetable-rich soup.

Winter weather in its various versions of rainy and cold is an invitation to have a pot of soup bubbling on the stove,

sending aromatic kisses into the air when you lift the lid.

Vegetable-rich for me also means creamy and, of course, deeply flavored. This time of year, I often reach for winter squash; once roasted, they make a great ingredient for soup.

The one on this page is the result of a "what if?" moment. I did not have enough

Continued on page 13 »

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winter squash for the recipe I had in mind but had a couple of roasted red beets. I wondered what the result would be if I used them to make up for the missing squash. The beets contributed their earthy sweetness and vivid color to the soup. The result was delicious and pretty, too, a deep red that reminded me of tomato soup.

Importantly, the soup brings together two vegetables that contribute nicely to our overall health. In fact, both winter squash and red beets are nutrient-dense, rich in antioxidants, vitamins, minerals and fibers.

Winter squash and red beets are winners also in terms of convenience: You can roast them in advance, so they are ready when you start working on the soup. You can also freeze them after roasting, for later use. And you can freeze the prepared soup. As with other make-ahead meal options, it will help you prepare dinner when time is in short supply.

In the recipe I list honeynut or butternut squash. I have made the soup with other varieties as well, using 14-16 ounces of roasted squash of choice. Honeynut squash looks like a butternut squash: elongated shape, solid neck, bulbous end. It is smaller, darker in color and sweeter in flavor. However, there are also small butternut squashes available. And in case you have a squash bigger than necessary, you can use the extra in another dish (for example, cooked together with green cabbage, see "Cooking While Traveling," Oct. 21, 2021).

I hope this soup will contribute to making your wish to eat more vegetables come true.

Winter Squash and Red Beet Soup

Use vegetable broth to make this soup vegan. If you purchase red beets with attached greens, cut off the greens about 1 inch from the beet and enjoy them as you would other types of dark leafy greens. Serves 4-5.

Ingredients:

- 8 ounces red beets
- 1 honeynut squash or butternut squash (1 ¼ pounds)
- 2 tablespoons extra-virgin olive oil
- 6 ounces red onion, diced small
- 1 tablespoon grated fresh ginger
- 3 large garlic cloves, minced
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin

- ½ teaspoon ground hot paprika
- 1 cup vegetable broth or chicken broth, preferably homemade
- 2 cups water
- ¾ teaspoon fine sea salt, to taste (also depending on how salty the broth is)

Heat the oven to 375 F. Line a baking sheet with a silicone baking mat. Scrub the beets well. Wrap each beet in foil and place on the baking sheet.

Cut the squash in half lengthwise and remove the seeds (a grapefruit spoon works well). Place the squash halves on the prepared baking sheet, cut side down. Place the baking sheet in the oven on the center rack.

Roast the squash until it's tender enough to pierce easily with a blade, 30-40 minutes. Roasting the beets to equal tenderness will take 1 hour or so. While the beets finish roasting, transfer the cooked squash to a plate.

Let the squash cool, then with the grapefruit spoon, scrape the flesh off the thin skin and set it aside.

Once tender, let the red beets cool until easy to handle, then slip off their skins. Cube the beets and set them aside.

Warm the olive oil in a soup pot over medium heat, then add the onion, stirring well to coat. Cook for 2 minutes, then add the ginger and stir. Cover the pot and cook on low heat for another 8-10 minutes, or until the onion is soft, stirring often.

Add the garlic, coriander, cumin and hot paprika, stir and cook for 1 minute. Add the squash and the red beets to the pot, stir well, then add the broth and water.

Cover the pot and bring the soup to a boil over medium heat, then turn down the heat so the soup bubbles gently. Cook for 15 minutes, then remove from heat.

Season with the salt and stir. Let the soup rest, covered, for ½ hour, then purée it with an immersion blender. Add more water, if needed, to reach the desired consistency.

Making the soup at least a few hours before serving will allow the flavors to meld and the seasonings to distribute.

When ready to eat, heat the soup, ladle it in bowls and serve immediately. ●

Simona Carini (she/her) also writes about her adventures in the kitchen on her blog pulcetta.com and shares photographs on Instagram @simonacarini. She particularly likes to create still lifes with produce from the farmers market.



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Counseling and services with a holistic approach to mental wellness for any Humboldt County adult age 55+.

Multipurpose Senior Services Program (MSSP)

A care management program that helps arrange for needed services for qualified adults age 60+ who are on Medi-Cal.

Senior Nutrition Program

- Heritage Cafés in Arcata, Eureka, and Fortuna.
- Meals on Wheels Redwood Coast for homebound older adults living in Arcata, Eureka, Fortuna, and McKinleyville.

Redwood Coast PACE

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Imagine Possibilities. Keep Them Real.

By Simona Carini

getout@northcoastjournal.com



On Bull Creek Trail after the Grasshopper Peak Redwoods Run.

Photo by Simona Carini

Do you already have a wish for your outdoor activities in 2026? In this column three years ago, I proposed to toss the word “resolution” in favor of “wish” (“Make a Wish Instead of a Resolution,” Jan. 5, 2023). While both require some work on our part, making a wish offers a more positive perspective. As I wrote then: “Drawing up a few plans in early January should be energizing. If the wish doesn’t come true, we won’t call it a failure. Who needs that negative energy?”

As I get older, my main wish for each new year is staying as active as I was the previous one, so some of what I plan is not new. I recently recommitted to running and, to keep me motivated, I signed up for the Foggy Bottom Milk Run in Ferndale (March 8) and the Grasshopper Peak Redwoods Run in Humboldt Redwoods State Park (June 6). A commitment to road-run 10 miles in March and trail-run 10.5 miles in June means I need to train. I participated in both last year and remembering how much I enjoyed myself encourages me during training.

As soon as registration opened, I signed up for the Crescent City Triathlon (July 26). I am not suggesting everyone turn into a runner or triathlete, though

both activities are fun. But maybe neither running nor hopping from pool to bicycle to running shoes interests you (“Don’t Worry, Be Walking,” Jan. 16, 2025). Walking is a great way to exercise our body and calm our mind. The forest, the dunes, the beach and our neighborhoods are all perfect locations for a walk.

What I am suggesting is starting the year with a renewed commitment to take care of our health, and outdoor physical activity, by more research than I can quote, is an excellent way to do that. There are guidelines recommending certain activity levels for different age brackets, but overall, any physical activity is better than none. (Remember to consult your physician before starting any exercise program.)

My main, new-for-me physical activity-related wish for 2026 is to hike Grasshopper Mountain in Humboldt Redwoods State Park, which will be the most challenging hike I have ever done. Originally it was my wish for 2025, but it has remained unfulfilled due to life events scrambling my plans. (See the first paragraph above: not a failure, just a delay.)

Perhaps for 2026, you may consider wishing for one thing that pushes you

beyond what you have done so far, which, of course, depends on you. My recommendation is to make it simple, doable (best be realistic) and measurable (also in terms of progress towards it). And share your wish with people who will support your choice and encourage you along the way.

Parting thought: While I do some activities on my own, I have experienced and recognize the power of group support. For example, hiking with a friend, besides being a safety move, is fun. You share the path as well as sights and sounds along the way. The exuberance at the start of a race is contagious, which is why I enjoy participating in the Six Rivers Running Club’s events, where people are kind and welcoming, the energy is palpable, yet the atmosphere is relaxed.

In summary, make (at least) one wish, make it public, make sure people around you are supportive (cheerleaders, not critics). Then go and have fun making it come true. ●

Simona Carini (she/her) shares photographs of her outdoor explorations (and of food) on Instagram @simonacarini.

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NCJ GET OUT



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No More Falls!

A journey to increasing bone strength

By Louisa Rogers

getout@northcoastjournal.com

Though I wasn't very physical as a kid, I became an "adult-onset" lover of fitness in my 20s, and have enjoyed walking, running, hiking and exploring the outdoors ever since. So in 2017, when I was diagnosed with osteoporosis, I couldn't believe it. Two years later, I fell and broke my wrist. When I had my bones tested again in 2022, it turned out that along with 54 percent of U.S. women in their 70s, I had osteopenia — a milder version of osteoporosis. An improvement but, obviously, not good enough.

Then, about a year ago, two women

I know had serious falls. One fractured several vertebrae; the other, while running after her toddler granddaughter, broke her heel and her opposite wrist. Alarmed by their falls, I woke up and decided hiking wasn't enough; I had to do strength training.

I knew form was important, so I decided to start by hiring a trainer. My goal was to increase not only my strength but also my flexibility, as I'm limited by hardware in my right ankle from a serious break 45 years ago. In particular, I wanted to squat well enough to be able to pee in the woods.

(My husband Barry and I have a camper-van, and I had noticed on a recent trip that it was getting increasingly hard for me to squat.)

"That's functional fitness!" my trainer laughed when I described my goal. "Functional fitness" refers to exercises that mimic the movements we use in everyday life, such as bending, lifting, and twisting. She gave me a wedge so I could squat on an incline. It made all the difference, and that success inspired me.

By the time I'd completed two sessions, I had a list of portable strength exercises I could do anywhere. In our Old Town apartment, I have three kettlebells and a yoga mat. These are all I need, since many of the exercises I do are body-weight, using the body's own mass as resistance against gravity.

Armed with my list of exercises, I thought I'd embark right away on a routine, but I got distracted. A couple of weeks later, though, when a friend told me she was training to be a life coach, I offered myself as a practice trainee. In our first session, I told her I'd commit to three workouts a week, 20 to 30 minutes long. Although my goal was 30 minutes, I decided 20 would suffice at first, just to get over my resistance.

Less than an hour after our first session, I unrolled my yoga mat and worked out. I was already primed — all I needed was a bit of encouragement. Seeing her a few times, along with texting her after each workout, was just the impetus I needed. I was off.

That was a year ago. Since then, I've added more strength, Pilates, balance and core exercises. I draw from such sources as the *New York Times* 9-Minute Strength Workout, *The Washington Post* 7-Minute Workout and exercises from the Mayo Clinic. Along with lifting kettlebells, I do squats, planks, lunges,

push-ups and more on my yoga mat.

One of the simplest exercises, "farmer's walk," involves holding a kettlebell high above your shoulder, or holding one in each hand, while you stride across the room. Since my kettlebells aren't the same size, I walk across the room holding one in each hand and then swap them and walk back.

In the evenings, I look up strength exercises to add to my portfolio and learn more about the core. (What does "engaging the abs" mean, anyway? I discovered it refers to squeezing all of the muscles in the torso and holding them in a tightened position while still breathing normally.)

I'm a huge fan of record-keeping, having read long ago that ago that tracking your progress in and of itself brings about change, so I record my workouts in my journal. I also sent my trainer a photo of me doing squats. She wrote back, "This made my day! Look at that squat depth. Love to see it!" She was also delighted that I'd added Pilates, "a great way to cultivate bodyweight strength and build your core from all sides."

I've accomplished my original goal of being able to squat and am going strong: carrying heavy objects longer, strengthening my core and bending more easily. What I didn't expect was how important my routine would become.

Soon after I start, a calm, quiet hush settles over me. No one is around, and I hear only my breathing and the sound of birds twittering. The half hour has unexpectedly become one of my favorite routines, a time to slow down, unwind and appreciate my body. ●

Louisa Rogers (she/her) is a writer, painter and paddleboarder who lives in Eureka and Guanajuato, Mexico.



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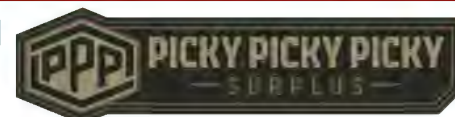


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NCJ SERIOUSLY?



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New Food Pyramid FAQ

By Jennifer Fumiko Cahill
jennifer@northcoastjournal.com

Since Secretary of Health and Human Services Robert F. Kennedy Jr. launched our new food pyramid, we've gotten a lot of questions. As the architect of this pyramid, I've prepared a list of frequently asked questions, answered to the best of my ability with the time I have left.

Why are we back to a pyramid when the government has used the more straightforward MyPlate chart for 15 years?

Time moves differently here in the Trump administration and whatever our president recalls most clearly, whether decades old or hallucinatory, is the present. At his request, we have also built an actual pyramid in which, unfortunately, I will be sealed upon completion of this document. I'm told it's a terrific honor and, while I will never see it, it will be painted in actual

gold, which will be added to the center of the food pyramid chart next year.

What's with all the protein?

As we all know, protein has been vilified and driven underground for decades by snowflake liberals who fear its masculine energy. Too many of us have been forced to go to the dark web for non-plant-based burgers since the Biden administration made cows illegal. But those dark times are over. Hence, we've roughly doubled the recommended intake to something closer to Dan Draper's steak and Martini lunches. It's important to note that the steak on the chart is the recommended serving size, meaning larger than a bunch of bananas. Same for the roast chicken, which should be consumed whole in the manner of a boa constrictor. This is what we mean by whole and unprocessed. If you're concerned about digestive issues, the fiber in the 12 grains of oats at the very bottom should take care of it.

Shouldn't we be eating lean protein?

The pyramid — I speak here of the chart, not the one housing this small chamber that's getting pretty stuffy now that they're filling in the doorway — allows for a variety of proteins. RFK Jr. himself enjoys an 18-ounce slab from a partially decayed whale carcass that's been tied to the top of the family car, or whatever that mass of brown fur and pink guts was before it was panini pressed by tire treads. Meanwhile, Stephen Miller prefers to fuel up with an insulated stainless steel tumbler of the blood of the innocent.

Doesn't zero added sugar seem like an unattainable standard?

If we're going to Make America Healthy Again, we've got to commit to big changes.

You might miss dessert and that boost of energy from a piece of chocolate, but the good news is we've replaced these with cocaine, black tar heroin and dropping into the occasional K-hole. This will be announced formally as soon as Secretary Kennedy emerges from his departmental chill room or, if necessary, staff members force the door and jam another turkey baster-sized adrenaline needle into his chest. Always a busy day in the office.

Are these guidelines the same for men and women?

Good question and no. Men and women — the only genders recognized by this administration because we believe in science and protecting women and children and there's nothing of any interest whatsoever in the Epstein files — have very different nutritional needs. Men require testosterone-boosting, hair follicle-encouraging vitamins, nutrients found in manly foods like the container of raw ground beef on the chart. These are also, incidentally, the only foods that soothe Secretary Kennedy's brain worms so they can more coherently whisper to him that which must be done. Women, however, don't actually need to eat. A couple Virginia Slims and the protein in her lip filler should be enough to keep a woman alive and semi-conscious. Any more than that would allow her mind to register the erasure of her rights and very personhood by the institutions meant to safeguard them. (The same dietary guidelines are suggested for all non-whites and LGBTQ+ people, but we've emphasized white women starving themselves into a stupor since ICE has only recently added them to the kill list.) Press Secretary Karoline Leavitt, for example, often goes days at a time digesting only her own bile and the skin of a single almond for texture.

Can we trust the federal government's health advice right now?

Of course. Given the staff purges of career research scientists, the fire sale on influence for corporations and the unfathomably rich, as well as the president's robust health, there's no reason for you to mistrust our guidance. Sure, things have changed so that now masks are for fired-up immigration thugs instead COVID prevention, and the president's ankles resemble a pair of overstuffed

ottomans, but I've spent my career helping the government see to the health of Americans, right? OK, I can't hear the workmen anymore and it's really quiet.

Are you OK in there?

If I conserve my breath, I probably have another day or so and hopefully the wi-fi signal holds out until I send this. I only

wish I'd thought to bring a little sugar. ●

Jennifer Fumiko Cahill (she/her) is the managing editor at the Journal. Reach her at (707) 442-1400 ext. 106, or jennifer@northcoastjournal.com. Follow her on Bluesky @jfumikocahill.bsky.social.

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COMMUNITY SPOTLIGHT

Matty Garcia has called Humboldt County home for 27 years, living in several communities before settling in Cutten a decade ago. -An army brat by upbringing, Matty's family relocated to Hoopa in 1999, and Humboldt has been home ever since. Five years ago, he opened Art of Fades, a local barber shop where community connections are just as important as a great haircut.

Murphy's Markets has been part of Matty's routine for 15 years. -"Convenience—Murphy's was right up the street," he says. That convenience, paired with friendly faces, keeps him coming back. -"I'm always greeted with a friendly smile. Murphy's has a good vibe and always has everything I need." He rarely needs to shop anywhere else.

Matty's favorites include -ribeye steaks from the meat department, fresh produce, the large liquor selection, and especially the deli. -"I hit the deli almost every day. Their sandwiches are amazing, and the deli staff are a fun ride."

As a small business owner, shopping local matters. -"It's extremely important for me to support local," Matty says, noting Murphy's support of schools, youth sports, and community events.

Above all, it's the people. -"I can't think of another store where I'm made to feel so welcome," he shares. -"I run into friends, clients, even people from high school. Murphy's feels like the community meeting place."



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Wipeout

By Collin Yeo

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Despite observing my habit of (relative) temperance during New Year's Eve at home, I managed to catch that nasty flu going around, the forces of which I am still reeling from. This has been my most stricken-with-disease experience in years and the reason I was absent from last week's issue and still writing sparingly. This microscopic super-creep has embedded in me and, unlike its predecessors, is negatively affecting me both psychologically and physically. The news cycle certainly didn't help. From the local to the national and international, things are really terrible. Usually, I can weather a lot and maintain my watch on the slimy fortress walls of the shitpost of vigilance as an angry observer of the buffeting spray of septic calamity that we call contemporary American life, but not lately. My crap-helmet has been compromised along with the rest of my protective gear, and the heat and gasses have driven me backwards into a damp and nauseated stupor. I'm infected with more than the flu's viral load, I have been poisoned with the decanted spirits of evil dipshits and demonic, ignoble rot. We are all downwind of the exclusion zone from one of the worst testing sites in the history of human politics. I have plenty to write about all of that, eventually, but I don't feel like rubbing it in right now. Everyone I know is in some kind of panic and hurting. Desperately hurting. And knowing that is the worst feeling of all. I am so sorry it has come to this, most of us really don't deserve any of it. And those who do seem to be avoiding the righteous vengeance that must have grown into a continent-sized shitstorm to match a punishment worthy of their crimes. Hold the line. I'll do what I can to come crawling back, inch by inch. Meanwhile, here's most of a week of fun for those with a stronger nose and chin than mine.

Thursday

There's a mini-fest of sorts happening through Sunday and starting at the Eureka Theater tonight at 7 p.m. It's the 18th anniversary of filmmaker Jon Olson's **Zombies of Eureka**, including a behind the scenes piece with Olson. Some of the bands in this film are in Jensen Rufe's **Rural Rock & Roll** flick, whose 20th anniversary will be celebrated with live performances by those groups on the days ahead, so read on (\$5).

Friday

The **Rural Rock & Roll** fun continues at Savage Henry Comedy Club tonight at 8 p.m. with sets by Humboldt rockers **Buffy Swayze** and **Clean Girl and the Dirty Dishes**. The show will be all watched over by the loving grace of **MC JPG**. Get in the door with \$10.

Saturday

Back over to the Eureka Theater for a showing of **Rural Rock & Roll** along with sets by local OG titans **The Hitch** and **The Smashed Glass**. Get there at 8 p.m. with \$10 in hand for all the fun.

Sunday

Day four of the festivities wrap everything up in a pretty little package tonight at the Miniplex at 6 p.m., where **The Ian**



The Hitch (seen here in a vintage photo) plays the Eureka Theater on Saturday, Jan. 17, at 8 p.m.

Submitted

Fays and **The Lowlights** team up to take the stage surrounded by the celluloid dreams brought to screen in the form of short films by **Jensen Rufe** (\$10). Two decades down, hopefully more to come as this crazy ball keeps spinning like the disco mirror in the ceiling.

Monday

There's a heavy punk presence at Savage Henry Comedy Club tonight at 7 p.m., where some concerned locals are throwing a "Safety Meeting" to address the best way to keep bigotry out of our local music scene as the rest of the country is being filled with the putrid stench of weaponized institutional racism in a tempo that is probably a bit of a novelty for most young folk. Join **Brain Dead Rejects**, **Racket**, **Radical Ape**, **Executive Order** and **Rohirrim** for this free, all-ages event

Tuesday

The fine minds from the Creative Sanctuary are putting on a free marsh walk at the 569 G St. entrance to the Arcata Marsh this evening at 6 p.m. Come join musicians Katie Belknap and James Zeller, aka **The Ponies of Harmony**, as they embark on this lamplit journey. Oh, and bring a headlamp or flashlight if you can.

Wednesday

It's mid-January, and nothing has broken from the gravity of that hush to find orbit on this page. Apologies if I missed a treasured satellite — you can always email me at music@northcoastjournal.com at least 10 days in advance if you want to bring my attention to a future launch. *Grazie.* ●

Collin Yeo (he/him) is sick and tired.



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Nightlife

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ARCATA THEATRE LOUNGE 1036 G St., Arcata (707) 822-1220		<i>City of God</i> (2002) (film) 8 p.m. \$8, \$12 w/poster	<i>Princess Bride</i> (1987) (film) 6 p.m. \$8, \$12 w/poster	<i>Indiana Jones & the Raiders of the Lost Ark</i> (1981) 45th Anniversary 5-8 p.m. \$8, \$12 w/poster	[W] Sci-Fi Night: <i>Teenagers From Outer Space</i> (1959) 6-9 p.m. \$6, \$10 w/poster
ARCATA VETERANS HALL 1425 J St.		Humboldt Folklife Society Barn Dance w/Cidermill String Band & Lyndsey Battle 7-10 p.m. \$15, \$10 members, free for kids under 12			
THE BASEMENT 780 Seventh St., Arcata (707) 845-2309	RLAD (jazz fusion) 8 p.m. \$5	Baddies and Divas w/DJ Blancatron & Anya Slayer 9 p.m. \$5, \$10 after 10 p.m.	Noir (jazz, swing, blues) 9 p.m. \$5		
BEAR RIVER CASINO RESORT 11 Bear Paws Way, Loleta (707) 733-9644		Thirsty Bear: Nueva Ilusion (Latin) 9 p.m. Free	Thirsty Bear: DJ Pressure (hip hop) 9 p.m. Free		
BLUE LAKE CASINO WAVE LOUNGE 777 Casino Way, Blue Lake (707) 668-9770		Wave:Asha Nan (world music) 9 p.m. Free	Sapphire Palace: Melvin Seals & JGB with Rosewater; A Benefit for Avery 7-11 p.m. \$60, Wave: Hotfoot (retro funk) 10 p.m. Free	Sapphire Palace: Melvin Seals & JGB with Rosewater; A Benefit for Avery 7-11 p.m. \$60, Wave: Los Chicharrones (psychedelic Americana) 10 p.m. Free	[M] Wave: Treat Yourself Karaoke 9 p.m. Free
CAFE MOKKA 495 J St., Arcata (707) 822-2228		Squeezebug (accordion, guitar) 7-10 p.m. Free			
CENTRAL STATION SPORTS BAR 1631 Central Ave., McKinleyville (707) 839-2013		Treat Yourself Entertainment Karaoke 9 p.m.-1 a.m. Free			[M] Pool Tournament 6 p.m.
DOUBLE D STEAK & SEAFOOD 320 Main St., Fortuna (707) 725-3700	Buck Bonne's Krazy Karaoke 6-9 p.m. Free				
THE EUREKA THEATER 612 F St. (707) 442-2970	<i>Zombies of Eureka</i> (2008) (film) 7 p.m. \$7.18	<i>Rural Rock & Roll</i> 20th Anniversary Screening & Concert w/The Hitch and Smashed Glass 6-midnight \$10			
FROTH 420 California Ave., Arcata (707) 630-3269					[M] Paranormal Open Mic Night 8 p.m. Free, [T] Open Mic 6-9 p.m. Free, [W] Karaoke Night 7-10 p.m. Free
THE HEIGHTS CASINO FIREWATER LOUNGE 27 Scenic Drive, Trinidad (707) 677-3611			The Tidepool High Divers (country rock) 8 p.m. Free		[T] Karaoke 8 p.m. Free
THE HISTORIC EAGLE HOUSE 139 Second St., Eureka (707) 444-3344	Phatsy Kline's: Adam Hurley 7-9 p.m. Free	Reel Genius Trivia 6-8 p.m. Free	Dirty Cello (rock n roll, cello) 7-9 p.m. \$20		[T] Blues Fusion Dance 7-9 p.m. \$5-\$15, no one turned away
HUMBOLDT BREWS 856 10th St., Arcata (707) 826-2739	Reel Genius Trivia Night 6:30 p.m.				
KAPTAIN'S QUARTERS 517 F St., Eureka (707) 798-1273	Plants w/Special Guests 8 p.m. Free	The Zack Miles Band (soul, rock, blues) 8 p.m. Free			[W] Open Mic Night 8 p.m. Free
LIL' RED LION COCKTAIL LOUNGE 1506 Fifth St., Eureka (707) 444-1344	"It's A Beautiful Thing" Open Jam (bring band or sit in) 9-11:30 p.m. Free				
THE LOGGER BAR 510 Railroad Ave., Blue Lake (707) 668-5000	The Cowtown Sound - Honky Tonk Thursday 9-11 p.m. Free	Jazz Bros 4-6 p.m., DJ Deaf Eye 9-11 p.m.			[W] Jazz Bros 4-6 p.m., Karaoke 8 p.m.

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VENUE	THURS 1/15	FRI 1/16	SAT 1/17	SUN 1/18	M-T-W 1/19-1/21
MINIPIXEL 401 I St., Arcata (707) 630-5000	Karaoke 8 p.m. two-drink minimum			Rural Rock & Roll Anniversary Weekend Closing Night Party w/Ian Fays, JPG and Lowlights 6-midnight Free	
OCEAN GROVE COCKTAIL LOUNGE 480 Patrick's Pt Dr., Trinidad (707) 677-3543					[M] Rudelion DanceHall Mondayz (reggae, dancehall, soca) 8 p.m. \$5
PASKENTA MAD RIVER BREWING 101 Taylor Way, Blue Lake (707) 668-4151	Blue Gardenia (bluesy jazz) 5:30-7:30 p.m. Free		Blacksage Runners (rock n roll) 5-7 p.m. Free		
REDWOOD CURTAIN BREWERY MYRTLE AVE. TASTING ROOM, 1595 Myrtle Ave., Eureka, (707) 269-7143	Live Music Thursdays 6-9 p.m. Free				[T] Live Music Tuesdays 6-9 p.m. Free
REDWOOD PLAYHOUSE 286 Sprowel Creek Rd., Garberville		Dirty Cello (rock n roll, cello) 7-9 p.m. \$20			
SAL'S MYRTLEWOOD LOUNGE 1696 Myrtle Ave., Eureka (707) 443-1881				Afternoon Acoustic Jam Session (out back, weather permitting) Free	[T] Acoustic Jam Session (out back, weather permitting) 8 p.m. Free
SAVAGE HENRY COMEDY CLUB 415 Fifth St., Eureka (707) 845-8864		Rural Rock & Roll Opening Night Party: JPG, Clean Girl & the Dirty Dishes, Buffy Swayze 8-midnight \$10		Sunday Comedy Open Mic 8-10 p.m.	[M] Brain Dead Rejects, Racket, Radical Ape, Executive Order, Rohirrim (punk) 7 p.m. Free. [W] Comedy Open Mikey 8-10 p.m. Free
SIREN'S SONG TAVERN 301 Second St., Eureka		Redwood Revolution Album Release Party 8-midnight \$5	Liabilities, Lashrd, Coprolites 7 p.m. \$5		
SPEAKEASY 411 Opera Alley, Eureka (707) 444-2244	The Jimmie Lahman Band 7-10 p.m. Free	Friday Night Jazz w/The Opera Alley Cats 8-11 p.m. Free	Jenni and David and the Sweet Soul Band (soul, funk) 8-11 p.m. Free		[T] Tuesday Night Jazz w/The Opera Alley Cats 7-10 p.m. Free
TRINIDAD TOWN HALL 409 Trinity St.		Sax Mastery! An Evening of Jazz Featuring RLA w/Francis Vanek 7:30 p.m. \$10-\$20 sliding			
VISTA DEL MAR 91 Commercial St., Eureka (707) 443-3770	Treat Yourself Entertainment Karaoke 9 p.m.-midnight Free				



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Calendar Jan. 15 – 22, 2026



Submitted

Twenty years ago, Jensen Rufe pointed a camera at Humboldt's scrappy garage rock scene and captured lightning in a bottle. Now it's time to uncork that bottle and crank the volume with **The Rural Rock & Roll Festival**, which runs four days across the county. **Thursday, Jan. 15**, kicks it off at the **Eureka Theater** with a screening of ***Zombies of Eureka*** (\$7.18). **Friday, Jan. 16**, is the **Opening Night Party** at **Savage Henry Comedy Club** featuring Clean Girl & the Dirty Dishes plus a Buffy Swayze reunion honoring the late John McManus (\$10). **Saturday, Jan. 17**, returns to the **Eureka Theater** for the documentary screening of ***Rural Rock & Roll*** from **6 to 11:45 p.m.** featuring a Q&A with filmmaker Rufe and live sets from The Hitch and Smashed Glass (\$10). **Sunday, Jan. 18**, closes it out at **Richards' Goat** from **6 p.m. to midnight** with shorts, rare footage and music by The Ian Fays and Lowlights (\$10, 21+).



Photo by Mark Larson

The Eureka NAACP hosts its annual **Dr. Martin Luther King, Jr. Celebration, Monday, Jan. 19**, from **1 to 3 p.m.** at the **Adorni Recreation Center** with this year's theme: "Lift Every Voice and Sing," the historic anthem written by James Weldon Johnson in 1900 (free). Community organizations will table at the event alongside local small businesses, and the afternoon wraps up with Stevie Wonder's "Happy Birthday" and cake for all. Pick up a Eureka NAACP T-shirt or sign up for membership while you're there.



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You've got the ring and the "Yes!" Now what? If the thought of planning a wedding has you stress-scrolling through Pinterest at 2 a.m., take a breath and head to the **Before "I Do" Wedding Show** happening **Sunday, Jan. 18**, from **11 a.m. to 2 p.m.** at **Fortuna River Lodge** (\$5 cash entry fee). Local wedding pros will be all under one roof to help transform your "Um, maybe?" into "Absolutely perfect," with some vendors offering items you can snag on the spot. Show up early to score a swag bag (first 100 through the door).

15 Thursday

ART

Figure Drawing at Synopsis. 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. With a live model. Bring your own art supplies. Call to contact Clint. \$5. synopsisperformance.com. (707) 362-9392.

MOVIES

***Zombies of Eureka* (2008).** 7 p.m. Eureka Theater, 612 F St. Screening of Jon Olsen's movie kicks off the weekend-long 20th anniversary celebration of Jensen Rufe's Humboldt rockumentary *Rural Rock & Roll*. \$7.18. theeurekatheater.org.

SPOKEN WORD

Reworded Open Mic Night. Third Thursday of every month, 5-8 p.m. Phatsy Kline's Parlor Lounge, 139 Second St., Eureka. Poetry workshop at 5 p.m. Open mic from 6 p.m. to 8 p.m. Free. events@historiceaglehouse.com. historiceaglehouse.com. (707) 444-3344.

EVENTS

Arcata Chamber Mixer. 5:30-7 p.m. Lumberjack Arena, Cal Poly Humboldt, Arcata. Mixer on the third floor of the Kinesiology and Athletics Building. Attendees receive a ticket to the basketball game at 7:30 p.m. gloria@arcatachamber.com. arcatachamber.com. (707) 897-6004.

Rural Rock & Roll Festival. Countywide, Locations throughout Humboldt County, Humboldt. A four-day festival honoring the 20th anniversary of Jensen Rufe's iconic music documentary featuring parties, screenings and live music.

FOR KIDS

Open House - Science and Snacks. 4:30-6 p.m. Trillium Charter School, 1464 Spear Ave., Arcata. Trillium Charter School invites families to meet the teachers, get a school tour and enjoy science and snacks along the way. Trillium offers homeschool, hybrid and site-based

school for students in grades TK-5th. Free. info@trillium-charter.org. trilliumcharter.weebly.com. 707-822-4721.

OUTDOORS

Northern California Condor Restoration Program. 7-9 p.m. Six Rivers Masonic Lodge, 251 Bayside Road, Arcata. Redwood Region Audubon Society program with Chris West, manager of the joint restoration program between the Yurok Tribe, Redwood National and State Parks. Drinks and goodies served at 7 p.m., program at 7:30 p.m. Free. rras.org.

SPORTS

Lost Coast Cornhole League Night. Third Thursday of every month, 6-10 p.m. Fortuna Veterans Hall/Memorial Building, 1426 Main St. Monthly league nights are open to all ages and skill levels. Registration opens at 5 p.m. Games at 6 p.m. Different format each week. Bags are available to borrow. Drinks available at the Canteen. Outside food OK. \$15. mike@buffaloboard.com.

ETC

Arcata Elementary Parent Information Night. 6-7 p.m. Arcata Elementary School, 2400 Baldwin St. Transitional kindergarten/kindergarten night. See the new TK classroom and playground and learn about art, dance, music and academic programming.

16 Friday

ART

Life Drawing Sessions. 10 a.m.-noon. Redwood Art Association Gallery, 603 F St., Eureka. Hosted by Joyce Jonté. \$10, cash or Venmo.

DANCE

Humboldt Folklife Society Barn Dance. 7-10 p.m. Arcata Veterans Hall, 1425 J St. Cidermill String Band will provide the music and caller Lyndsey Battle will lead the charge. No partner or experience necessary. Food and drinks available. \$15, \$10 members, free for kids under 12.

MOVIES

***City of God* (2002).** 7-10:10 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show 7 p.m. Movie 8 p.m. In the slums of Rio, two kids' paths diverge as one struggles to become a photographer and the other a kingpin. Presented in Portuguese with English subtitles. \$8, \$12 w/poster. info@arcatatheatre.com. facebook.com/events/803773196036677. (707) 613-3030.

MUSIC

Dirty Cello at the Redwood Playhouse. 7-9 p.m. Redwood Playhouse, 286 Sprowel Creek Road, Garberville. Cello performance with rock and roll elements played with wild abandon. \$20. dirtycello@gmail.com. DirtyCello.com.

Sax Mastery! An Evening of Jazz Featuring RLA with Francis Vanek. 7:30 p.m. Trinidad Town Hall, 409 Trinity St. Saxophonist Francis Vanek joins RLA for a night of jazz. RLA is Tim Randles, piano, Ken Lawrence, bass and Mike LaBolle, drums. Doors open at 7 p.m. Snacks and drinks available. \$10-\$20 sliding.

EVENTS

Book Sale. 10 a.m.-3:30 p.m. Friends of the Redwood Libraries, 1313 Third St., Eureka. Friday is for members only (memberships available at the door). Saturday is open to everyone. Fiction and nonfiction, from cookbooks to children's books to magazines, also DVDs, CDs and audiobooks. Benefits the Humboldt County Library system. Credit cards welcome, small bills appreciated. friends@eurekafri.org. eurekafri.org. (707) 269-1995.

Rural Rock & Roll Festival. Countywide, Locations throughout Humboldt County, Humboldt. See Jan. 15 listing.

FOR KIDS

Kid's Night at the Museum. 5:30-8 p.m. Redwood Discovery Museum, 612 G St., Eureka. Drop off your 3.5-12 year old for interactive exhibits, science experiments, crafts and games, exploring the planetarium, playing in the water table or jumping into the soft blocks. \$17-\$20.

info@discovery-museum.org. discovery-museum.org/classesprograms.html. (707) 443-9694.

Weekly Preschool Story Time. Eureka Library, 1313 Third St. Talk, sing, read, write and play together in the children's room. For children 2 to 6 years old with their caregivers. Other family members are welcome to join in the fun. Free. manthony@co.humboldt.ca.us. humlib.org. (707) 269-1910.

ETC

Public Skate. 6:30-9:30 p.m. Fortuna Skating Rink, Rohner Park. Roll over to the Fireman's Pavilion in Rohner Park. Public Skate sessions may close early if there is no one in attendance. \$5.50 ages 6 and older, \$3.50 ages 5 and younger, bring skates for a \$0.50 off (rules online), \$2 non-skater minor. friendlyfortuna.com/departments/parks_recreation.

17 Saturday

DANCE

Melvin Seals & JGB with Rosewater; A Benefit for Avery!. 7-11 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. Melvin Seals & JGB in the Sapphire for two nights in honor of the memory of our dear friend Milt, benefiting his daughter Avery. Local Dead tribute Rosewater also performs. \$60. bluelakecasino.com/events/category/sapphire-palace/. (707) 668-9770.

MOVIES

***The Princess Bride* (1987).** 6-8:40 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show 6 p.m. Movie at 7 p.m. A bedridden boy's grandfather reads him the story of a farmboy-turned-pirate on a quest to be reunited with his true love. \$8, \$12 w/poster. info@arcatatheatre.com. facebook.com/events/2112825642859932/. (707) 613-3030.

MUSIC

Dirty Cello. 7-9 p.m. The Historic Eagle House, 139 Second St., Eureka. Cello performance with rock and roll elements played with wild abandon. \$20. dirtycello@gmail.com. DirtyCello.com.

Rural Rock & Roll: 20th Anniversary Screening & Concert. 6-11:45 p.m. Eureka Theater, 612 F St. Celebrate two decades of local music history with the 2006 documentary *Rural Rock & Roll*, about Humboldt County's vibrant garage rock community. Q&A with filmmaker Jensen Rufe follows, followed by live music from The Hitch and Smashed Glass. Part of the four-day *Rural Rock & Roll* Festival. \$10. info@theeurekatheater.com. theeurekatheater.org. (707) 442-2970.

SPOKEN WORD

David Holper Book Release Reading. 6:30-8:30 p.m. Humboldt Unitarian Universalist Fellowship, 24 Fellowship Way, Bayside. David Holper will be having a book release reading for his latest book of poems, *Bord for En* (Swedish for "Table for One"). Music by Redwood Interfaith Gospel Choir members from 6:30 p.m. Reading at 7 p.m. Free. eurekapoetlaureate@gmail.com. davidholper.com.

EVENTS

Book Sale. 10 a.m.-3:30 p.m. Friends of the Redwood Libraries, 1313 Third St., Eureka. See Jan. 16 listing.

Rural Rock & Roll Festival. Countywide, Locations throughout Humboldt County, Humboldt. See Jan. 15 listing.

Taste Around the World. 5-7 p.m. Fortuna Veterans Hall/Memorial Building, 1426 Main St. Enjoy small bites inspired by seven countries presented by Rotarians. A fundraiser to benefit kids in Kyrgyzstan. \$60, \$100 for two.

Women's March "Free America". 12-2 p.m. Humboldt County Courthouse, 825 Fifth St., Eureka. In solidarity with the planned Women's March "Free America Walk-out" to protest escalating fascist threats against women, immigrants, free press, speech, the justice system and due process, voting rights, LBGTQ+, freedom of religion, and Black and brown communities.

FOOD

Arcata Farmers Market. 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Year round, offering fresh produce, meat, fish, cheese, eggs, bread, flowers and more. Live music and hot food vendors. No pets, but trained, ADA-certified, service animals welcome. CalFresh EBT customers receive a market match at every farmers market. info@northcoastgrowersassociation.org. northcoastgrowersassociation.org. (707) 441-9999.

Music and Makers - McKinleyville Location. 11 a.m.-2 p.m. Eureka Natural Foods, McKinleyville, 2165 Central Ave. Live music, samples/demos, pint specials. Free. marketing@eurekanaturalfoods.com.

Music and Makers - Eureka Location. 11 a.m.-2 p.m. Eureka Natural Foods, 1450 Broadway. Live music, samples/demos, pint specials. Free. marketing@eurekanaturalfoods.com. eurekanaturalfoods.com.

GARDEN

Sequoia Park Ivy League. 9 a.m.-1 p.m. Sequoia Park, 3414 W St., Eureka. Help eradicate invasive ivy. Drop in anytime between 9 a.m. and 1 p.m. Meet at the Glatt St. Fountain at Glatt and T streets. All supplies and training provided. Family friendly, minors must be managed by their guardian. Free. hatwood@eureka.gov. facebook.com/events/1572708294071054/. (707) 441-4218.

OUTDOORS

FOAM Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet leader Gail Coonen in the lobby for a 90-minute, rain-or-shine walk that will explore the oxidation ponds. Free. (707) 826-2359.

Forest Restoration at Rohner Park. Third Saturday of every month, 9-11 a.m. Fortuna Firemen's Pavilion, 9 Park St. Remove invasive English ivy and French broom. Tools and gloves available but you are encouraged to bring your own. High winds or heavy rain cancels. Light snack provided. Free. unde1942@gmail.com. (707) 601-6753.

Volunteer Trail Stewards Workday. Third Saturday of every month, 9-11 a.m. Eureka Waterfront Trail North, Tydd St. to Adorni Center. Meet at the corner of First and X streets every third Saturday for trash cleanup, invasive plant removal and basic trail maintenance, such as cutting back grass and shrubs to keep the trail clear. vtscoordinator@humtrails.org. (707) 601-7809.

SPORTS

Fortuna Recreational Volleyball. 10 a.m.-noon. Fortuna High School, 379 12th St. Ages 45 and up. Call Dolly. In the Girls Gym. (707) 725-3709.

ETC

The Bike Library. 12-4 p.m. The Bike Library, 1286 L St., Arcata. Hands-on repair lessons and general maintenance, used bicycles and parts for sale. Donations of parts and bicycles gladly accepted. arcatabikelibrary@riseup.net.

Labyrinth Walk. Third Saturday of every month, 2-5 p.m. Christ Episcopal Church, 1428 H St., Eureka. An ancient form of walking meditation along a circular winding path leading to a center and back out to the threshold. Drop in for a reflective walk in a serene environment. Simple instructions and info about labyrinth history will be given. Free. (707) 442-1797.

Public Skate. 6:30-9:30 p.m. Fortuna Skating Rink, Rohner Park. See Jan. 16 listing.

Thursday-Friday-Saturday Canteen. 3-9 p.m. Redwood Empire VFW Post 1872, 1018 H St., Eureka. Enjoy a cold beverage in the canteen with comrades. Play pool or darts. If you're a veteran, this place is for you. Free. PearceHansen999@outlook.com. (707) 443-5331.

18 Sunday

DANCE

Melvin Seals & JGB with Rosewater; A Benefit for Avery! 7-11 p.m. Sapphire Palace, Blue Lake Casino, 777 Casino Way. See Jan. 17 listing.

MOVIES

Indiana Jones & the Raiders of the Lost Ark (1981) 5-8 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show 5 p.m. Movie at 6 p.m. In 1936, archaeologist Jones races Nazis to find the Ark of Covenant. \$8, \$12 w/poster. info@arcatatheatre.com. facebook.com/events/1593165512097385. (707) 613-3030.

MUSIC

Sweet Harmony. 4-5:30 p.m. United Methodist Church of the Joyful Healer, 1944 Central Ave., McKinleyville. Women singing four-part harmony a capella. Now welcoming new members with all levels of experience. (707) 845-1959.

Wine and Jazz. Third Sunday of every month, 3-5 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Monthly performance series highlighting Humboldt County performers. Music by Low Class Jazz Regular admission. humboldtarts.org.

EVENTS

Before "I Do" Wedding Show. 11 a.m.-2 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. Featuring local wedding professionals and vendors, some with items for sale. Goodie bags for first 100 entrants. \$5 cash entry fee.

People's Hearing in Opposition to Offshore Oil Drilling. 10 a.m. Wharfinger Building, 1 Marina Way, Eureka. Community members speak out about new offshore oil and gas development. Rep. Jared Huffman, Asm. Damon Connolly and Asm. Chris Rogers join local elected officials and experts from Humboldt Waterkeeper, Surfrider Foundation, the Center for Biological Diversity and the Environmental Protection Information Center (EPIC) will be there.

Rural Rock & Roll Festival. Countywide, Locations throughout Humboldt County, Humboldt. See Jan. 15 listing.

FOR KIDS

Mini Masters Program. Third Sunday of every month, noon. Morris Graves Museum of Art, 636 F St., Eureka. Families participate together in this art-making workshop linked to the Storytime book. Projects that inspire literacy, creativity and community geared toward children 2-5 years, but all children are welcome. All kids receive a free book. Come hear *Harold Loves His Woolly Hat*. humboldtarts.org.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Hot food for everyone. Mostly vegan and organic and always delicious. Free.

GARDEN

Volunteer Workday. 10 a.m.-noon. Trinidad Museum, 400 Janis Court. Help maintain the native plant garden located behind the museum and library. Serious rain cancels.

Continued on next page »

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NCJ CALENDAR

Continued from previous page

OUTDOORS

Dune Restoration Volunteer Days. Third Sunday of every month, 10 a.m.-1 p.m. Ma-le'l Dunes North, Young Lane, Arcata. Help restore the biodiversity of the coastal dunes. No experience necessary. Snacks and tools provided. Meet at the parking lot a few minutes before 10 a.m. dante@friendsofthedunes.org. friendsofthedunes.org/dert-days. (707) 444-1397.

Eureka Waterfront Guided Birding Trip. Third Sunday of every month, 9-11 a.m. Eureka Waterfront, Foot of Del Norte Street. With leader Ralph Bucher. This relatively urban trail offers the potential to observe species abundance and diversity. Email to sign up. Free. thebook@reninet.com. rras.org.

ETC

Public Skate. 1:30-4:30 p.m. Fortuna Skating Rink, Rohner Park. See Jan. 16 listing.

19 Monday

ART

Life Drawing Sessions. 6-8 p.m. Redwood Art Association Gallery, 603 F St., Eureka. See Jan. 16 listing.

MUSIC

UFC of Humboldt. Third Monday of every month, 6-8 p.m. HLOC's Space, 92 Sunny Brae Center, Arcata. Bring a ukulele and join the fun. Check the calendar online for cancellations or additional events. All levels welcome. \$3 suggested donation. ukulelisarae@gmail.com. ukulelefightclubofhumboldt.com.

EVENTS

Dr. Martin Luther King, Jr. Celebration. 1-3 p.m. Adorni

Recreation Center, 1011 Waterfront Drive, Eureka. Join the Eureka NAACP in celebrating Martin Luther King, Jr. Day. This year's theme: Lift Every Voice and Sing! ci.eureka.ca.gov/depts/recreation/adorni_center.asp.

MLK Day of Service 26. 8 a.m.-noon. Student & Business Services, B St, Arcata. Join Youth Educational Services for a morning of community service featuring volunteer projects on and off campus. Transportation, breakfast snacks, coffee and tea provided. Register online by Jan. 14. Free. yes@humboldt.edu. yes.humboldt.edu/mlk. (707) 826-5578.

FOOD

Dinner and Bingo. Third Monday of every month, 5-8 p.m. Van Duzen River Grange, 5250 State Route 36, Carlotta. Enjoy a family-friendly dinner (menu changes monthly), then test your luck with bingo. All ages. \$10 dinner, \$10 for 10 bingo cards. vanduzengrange@gmail.com. instagram.com/vanduzengrange. (707) 296-4161.

Harvest Box Deliveries. Multi-farm-style CSA boxes with a variety of seasonal fruits and veggies, all GMO-free and grown locally. Monday: serving Blue Lake, Arcata, McKinleyville and Trinidad. Tuesday: serving Eureka and Fortuna. \$30/box, \$15 for EBT customers. harvesthub@northcoast-growersassociation.org. humboldtharvestbox.org/.

ETC

Homesharing Info Session. 9:30-10 a.m. and 1-1:30 p.m. This informational Zoom session will go over the steps and safeguards of Area 1 Agency on Aging's matching process and the different types of homeshare partnerships. Email for the link. Free. homeshare@alaa.org. alaa.org/homesharing. (707) 442-3763.

FRESHWATER SCHOOL Open Enrollment and Registration



Registration and Interdistrict Transfer
digital forms available online at
www.freshwatersd.org

**Deadline for Interdistrict Transfer Agreements
is February 2nd, 2026**

- Highly Qualified Teachers
- Extended Day Kindergarten
- Strong Language Arts Program with Full-time Reading Specialist
- Library and Art Specialists
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- Band Program for Grades 5 & 6
- On Site Garden
- Small Class Sizes
- Instructional Aides in all Classrooms
- Swimming Lessons in 2nd & 5th Grade
- PE Teacher
- 1:1 Student Chromebooks
- Enrichment Classes
- On-site Student Support
- Focus on Social/Emotional Learning - PBIS/Healthy Play
- Restorative Practices

FRESHWATER SCHOOL DISTRICT
75 GREENWOOD HEIGHTS DR EUREKA, CA 95503

Please call 707-442-2969 or email our Secretary, Brenda Flores, at bflores@freshwatersd.org with any questions!

20 Tuesday

EVENTS

Northcoast Preparatory Academy Enrollment Information Meetings. 5:30-7:30 p.m. Arcata United Methodist Church, 1761 11th St. Middle school information meeting starts at 5:30 p.m. High school information meeting starts at 6:30 p.m. Free. admin@northcoast-prep.org. (707) 822-0861.

FOOD

Harvest Box Deliveries. See Jan. 19 listing.

MEETINGS

Humboldt Cribbage Club Tournament. 6:15-9 p.m. Moose Lodge, 4328 Campton Road, Eureka. Weekly six-game cribbage tournament for experienced players. Inexperienced players may watch, learn and play on the side. Moose dinner available at 5:30 p.m. \$3-\$8. 31for14@gmail.com. (707) 599-4605.

Writers Group. Third Tuesday of every month, 12:30-2 p.m. Christ Episcopal Church, 1428 H St., Eureka. Writers share all types of writing and get assistance from one another. Drop-ins welcome. Not faith based. Free.

ETC

English Express: An English Language Class for Adults. Virtual World, Internet, Online. Build English language confidence in ongoing online and in-person classes. All levels and first languages welcome. Join anytime. Pre-registration not required. Free. english-expressempowered.com. (707) 443-5021.

21 Wednesday

MOVIES

Sci-Fi Night: Teenagers From Outer Space (1959). 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Pre-show 6 p.m. Raffle 6:45 p.m. Main feature 7 p.m. A young alien and a teenage earthling fall in love and plot to stop the alien race from using Earth as a food-breeding ground for giant lobsters from their planet. \$6, \$10 w/poster. info@arcatatheatre.com. facebook.com/events/1842975339914064/. (707) 613-3030.

MUSIC

Song Circle with Seabury Gould. Third Wednesday of every month, 2:30-4:30 p.m. Trinidad Heart Center, 426 Trinity St. Friendly and welcoming singalong. Seabury Gould accompanies on guitar. \$10 to \$20 sliding scale. trinidadheartcenter@gmail.com. trinidadheartcenter.com/. (707) 845-6231.

EVENTS

EWC Hosts Hospice of Humboldt. 12:30-1 p.m. Eureka Woman's Club, 1531 J St. Director of Development Tia Baratelle presents an overview and history of the hospice. The public is welcome to join members for a brown bag lunch at noon with provided beverage and dessert followed by the speaker at 12:30 p.m. The presentation is free and open to all. Free. eureka womansclub.org.

FOR KIDS

Fieldbrook School TK and Kindergarten Info Night. 5:30-6:30 p.m. Fieldbrook Elementary School, 4070 Fieldbrook Road. For all prospective TK and kindergarten families. Visit the campus, meet the staff and find out all the school has to offer. Free. office@fbk8.org. www.fbk8.org. 707.839.3201.

MEETINGS

Mother's Support Circle. Third Wednesday of every month, 10 a.m.-noon. The Ink People Center for the Arts, 627 Third St., Eureka. Mother's Village circle for mothers with a meal and childcare. \$15 to attend, \$10 childcare, sliding scale spots available. (707) 633-3143.

ETC

Grief Support Services in Spanish. Third Wednesday of every month, 5-6:30 p.m. Gene Lucas Community Center, 3000 Newburg Ave., Fortuna. A safe and welcoming space for Spanish-speaking individuals to process loss, connect with others, and receive compassionate support. *Este grupo está abierto para todas las personas en la comunidad que habla español, que estén pasando por la pérdida de un ser querido.* glccenter.org.

22 Thursday

ART

Figure Drawing at Synopsis. 7-9 p.m. Synopsis Collective, 1675 Union St., Eureka. See Jan. 15 listing.

MUSIC

Eagles Tribute: Take it to the Limit. 7:30 p.m. Arkley Center for the Performing Arts, 412 G St., Eureka. Experience Eagles classics like "Hotel California," "Take It Easy," "Life in the Fast Lane" and more, performed by world-class musicians and vocalists. \$49-\$79.

Tim O'Brien & Jan Fabricius. 7:30 p.m. The Old Steeple, 246 Berding St., Ferndale. Bluegrass. \$30.

EVENTS

Arcata State of the City. 10:30 a.m.-noon. Arcata Playhouse, 1251 Ninth St. Presentations from the chamber, city and Cal Poly Humboldt leaders. Light refreshments provided. Q&A after the program. All attendees must register online for headcount. \$15, free for members.

gloria@arcatachamber.com. business.arcatachamber.com/events/details/state-of-the-city-622. (707) 897-6004.

MEETINGS

Parent Information Night. 5:30 p.m. Union Street Charter School, 470 Union St., Arcata. Learn about Union Street Charter School admissions and offerings. office.unionstreet@gmail.com. unionstreetcharter.org/enrollment/. (707) 822-4845.

SPORTS

Lost Coast Cornhole League Night. Fourth Thursday of every month, 6-10 p.m. Fortuna Veterans Hall/Memorial Building, 1426 Main St. See Jan. 15 listing.



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NCJ SCREENS

Primate Fails to Evolve

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

PRIMATE. Upon re-examination of our newsroom Slack channel, it was Calendar Editor Kali Cozyris who first posted the link to the trailer for *Primate* and asked, “When are we seeing this?” But after the adrenaline rush of press day wore off and we remembered how goddamn unsettling simians are and how awful rabies is, we realized watching *Cujo* with thumbs on the big screen was a terrible idea. The fool who ultimately dragged us into the coldest meat locker of a theater in which we’d ever seen butter-flavored topping solidify to watch this latest in a long line of spittle-spraying animal horror was me.

The canon of human vs. animal horror/thrillers is vast and varied, from *Jaws* (1975) to 2023’s campy *Cocaine Bear*. (I don’t know a damn thing about Ray Liotta’s life, but the latter being dedicated in loving memory of him is inspiring.) Have I gone so low as to rewatch the 1988 horror *Monkey Shines*, in which a test subject turned service monkey obsessed with its master goes on a killing spree? Maybe I’ve forfeited the right to standards. But with any animal antagonist, to build the kind of intensity that takes it beyond the shock of graphic violence and flinch-inducing fear of sudden movement, teeth and/or claws, we have to care about either the animal, the cornered humans or both. This is where *Primate* falls short.

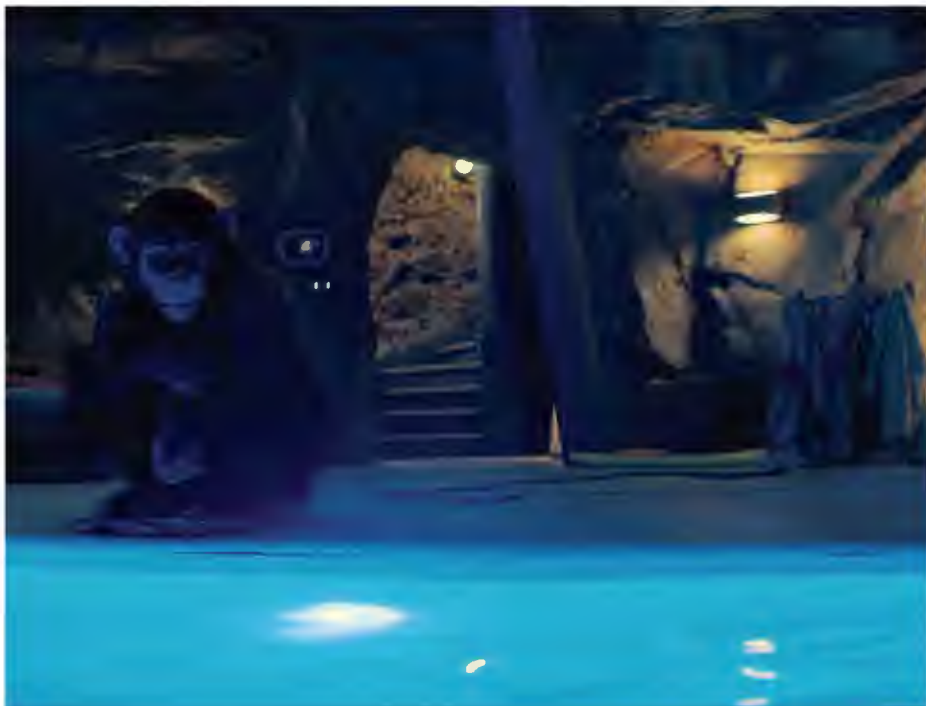
Primate opens with a cheerful and chatty (read: doomed) veterinarian (Rob Delaney) making a nighttime house call to Ben the domestic chimp’s (Miguel Torres Umba) enclosure to give the T-shirt sporting pet an injection with no light and no examination. Once it goes how it must in a horror movie, we jump back a day and a half to young women hopping a plane for a trip home to Hawaii. Lucy (Johnny Sequoyah), who’s been away at school for years, travels with her bestie Kate (Victoria Wyant) and a surprise guest of Kate’s, the flirtatious Hannah (Jess Alexander). The trio join Lucy’s pal Nick (Benjamin Cheng) and kid sister Erin (Gia Hunter) at Lucy’s palatial clifftop home to party and splash in the pool while her dad Adam (Troy Kotsur), a famous thriller novelist who is deaf, is away for a book signing. Ben, we learn, is the result of Lucy and Erin’s late mother,

a linguist working with chimps, bringing her work home. The discovery of a gored mongoose in Ben’s pen and the chimp’s open wound are not such a big deal, right? Dad locks Ben up for the day and heads out. With the house to themselves, it’s all pineapple pool inflatables and fire pits until Ben starts foaming.

It would be foolish to expect accuracy or realism from a movie with the tagline, “Dangerously close to human.” But this family is wild. For people who’ve lived for years with a chimp in their home, they seem completely unprepared to cope with an animal so much stronger than them. Only Dad actually seems relaxed with him and we learn little about their relationship with Ben, especially in the wake of their mother’s death. The connection to and soul of the chimp are what we need to accept before his descent into rabid madness can have emotional weight and heighten the drama.

There are plenty of genuinely scary moments, buckets of gasp-inducing gore and cat-and-mouse scenes throughout. But among them are unintentional laughs (not without their own kind of enjoyment), sometimes breaking the tension that should be ratcheting up, as when one of the girls is gravely injured and the oft-shirtless Nick shouts, “Here, you can use my shirt for a tourniquet!” Likewise, moments of apparent homage to *The Shining* and even *Alien* inspire giggles rather than chills, likewise the repeated shots of Ben appearing from the shadows behind someone. Scenes played for uneasy laughs that spiral into horror are probably more what director Johannes Roberts (*47 Meters Down*, 2017) is shooting for, as when Ben terrorizes a visiting fuckboy, or the jaw-dropping scene with the wingman that follows.

It’s not terribly surprising that the cast of attractive, young fodder for chimp violence are at most aping (it was right there horror conventions in fulfilling their roles, Sequoyah summoning not quite enough final girl energy to carry the movie. The only compelling human performance is by Kotsur, and scenes we experience with him — the world muffled into silence — are the most interesting. Enough that we can



When the edible hits. *Primate*

imagine a more gripping movie with him more firmly at its center and deafness as more than a backdrop for a few heightened moments of tension (where it seems like he would have felt the vibrations of running and violence nearby) and useful instances of signing.

Torres Umba, however, is utterly believable as the chimp Ben, bounding and swinging in an animatronics-boosted suit that makes the case for practical effects. It's Ben's fearsome, glowering expressions and physicality that provide the electricity and gut-level fear. In the era of conspicuous Method acting, that's a little scary in itself. R. 89M. BROADWAY. ●

Jennifer Fumiko Cahill (she/her) is the managing editor at the Journal. Reach her at (707) 442-1400 ext. 106 or jennifer@northcoastjournal.com. Follow her on Bluesky and Instagram @JFumikoCahill.

NOW PLAYING

28 YEARS LATER: THE BONE TEMPLE.

Next leg of the journey for the post-apocalyptic zombie horror. R. 109M. BROADWAY, MINOR.

ANACONDA. Buddies (Paul Rudd, Jack Black) on a DIY movie remake mission are pursued by the title character. PG13. 100M. BROADWAY.

AVATAR: FIRE AND ASH. Na'vi-on-Na'vi violence in the latest installment of James Cameron's sci-fi action franchise. PG13. 195M. BROADWAY (3D).

CHARLIE THE WONDER DOG. Owen Wilson voices the superhero pet in an animated adventure. Not for cat people. PG. 95M. BROADWAY.

DEAD MAN'S WIRE. A 1970s hostage drama based on a true story and with a dark sense of humor. R. 105M. BROADWAY.

FIVE NIGHTS AT FREDDY'S 2. Sequel to the Chuck E. Cheese-esque animatronic horror. PG13. 104M. BROADWAY.

GREENLAND 2: MIGRATION. Gerard Butler and Morena Baccarin in the sequel to the eco-apocalypse disaster movie. PG13. 98M. BROADWAY.

HAMNET. Agnes and William Shakespeare cope with the loss of their son in 16th century England. PG13. 126M. MINOR.

THE HOUSEMAID. Amanda Seyfried and Sydney Sweeney in a thriller about weird dynamics with the help. R. 131M. BROADWAY.

IS THIS THING ON? A couple (Will Arnet and Laura Dern) cope with divorce and the husband turns to stand-up. R. 124M. BROADWAY.

LORD OF THE RINGS. Extended versions of the already very long Peter Jackson adaptations on the 25th anniversary. PG13. BROADWAY.

MARTY SUPREME. Timothée Chalamet plays a ping pong champ in the 1950s, when that kind of thing apparently got you laid. R. 150M. BROADWAY, MINOR.

THE SPONGEBOB MOVIE: SEARCH FOR SQUAREPANTS. Your favorite boxy hero takes on the Flying Dutchman's ghost. PG. 96M. BROADWAY.

ZOOTOPIA 2. Ginnifer Goodwin and Jason Bateman return to voice the rabbit and fox crimefighting duo in the animated comedy adventure. PG. 108M. BROADWAY, MINOR.

For showtimes, visit catheaters.com and minortheatre.com.

NCJ HUMBOLDT NATURE

A Colorful Winter Garden

By Pete Haggard
with Jane Monroe

humnature@northcoastjournal.com



Manzanita (genus *Arctostaphylos*) bark provides winter color.

Photo by Pete Haggard

Winter is here on the North Coast, and with it come cloudy days, bare-branched deciduous trees, and a muting of nature's hues.

But we can still enjoy our gardens and yards throughout the year by making December through February more colorful and interesting with some carefully chosen native plants (and one non-plant).

While most conifers would be too large for an urban garden or yard, broadleaf evergreen shrubs can fit easily into many landscapes. One of our most dramatic winter flowering shrubs is the wind-pollinated coast silktassel (*Garrya elliptica*), known for its showy gray-green cascading male flowers. This native plant has large evergreen leaves and works well as a focus plant or a hedge screen for privacy and protection from the wind.

Manzanita (genus *Arctostaphylos*) is another broadleaf evergreen shrub, with more than 40 species native to California and many hybrids. Manzanitas have shiny leaves and urn-shaped flowers that vary from pink to white, but they are renowned for their deep red or mahogany bark, which often peels to reveal layers of contrasting colors. The bark is beautiful all year but is especially striking in winter after rain. I consider it one of the most significant wildlife plants in any garden or native landscape — it is an early blooming lifeline for hummingbirds and emerging bumble bee queens in late winter. Both these pollinators need nectar and pollen to survive this harsh time of year, and the only native plants that provide significant food for them are the manzanitas.

Sticky monkeyflower (*Diplacus aurantiacus*) is an herbaceous to semi-hardwood perennial with orange to yellow flowers. It blooms from spring into midsummer and, in my garden, it will often produce new foliage after heavy rains start in late fall. It is pollinated by hummingbirds and bees small enough to fit inside the narrow flower. With proper care, sticky monkeyflower is long lived and easy to propagate from cuttings.

If you want still more color, two standout

small trees are Red twig dogwood (*Cornus sericea*) with its bright red winter bark, and various willows (genus *Salix*) that have shiny red or green bark. When the pussy willow buds start swelling in late winter, they add charm to the garden and make great first-cut flowers of the year.

There are some useful native evergreen groundcovers to consider for winter interest. Yerba buena (*Clinopodium douglasii*) usually hugs the ground with its stem and small leaves. Wild ginger (*Asarum caudatum*) is taller and has large heart-shaped leaves and three-lobed brown-purple flowers with long "tails" at their tips. Both of these groundcovers have pleasing aromas and can be used to make teas; yerba buena is an especially good minty tea on a cold winter's night. Beach strawberry (*Fragaria chiloensis*) is another native groundcover, with shiny evergreen leaves and white flowers. It is shade tolerant and can compete successfully against weeds.

Nested polypody fern (*Polypodium calirhiza*) is truly a winter plant. The long creeping rhizome lies hidden below ground all summer, waiting for winter rain and cold to appear, and then the leaves come up fast and in bunches, adding texture and deep green color to the landscape.

I have been growing lichen in my garden for winter color for many years. Lungwort (*Lobaria pulmonaria*) is a large lichen that is an inconspicuous grayish brown in summer but, come winter, it turns bright green with lots of ridges and lobes so that it resembles green leaf lettuces. Lungwort lichen, like most other lichens, is very sensitive to air pollution and in many parts of Europe and the U.S. it has become rare. Scientists use it as a gauge of an area's air quality and ecological health.

Hopefully I have provided you with some ideas for winter plants that will keep you happy and busy out in your garden year round. ●

Pete Haggard (he/him) and Jane Monroe (she/her) are the coauthors of Rewilding: Native Gardening for the Pacific Northwest and North Coast, available now from The Press at Cal Poly Humboldt and in local bookstores and nurseries.

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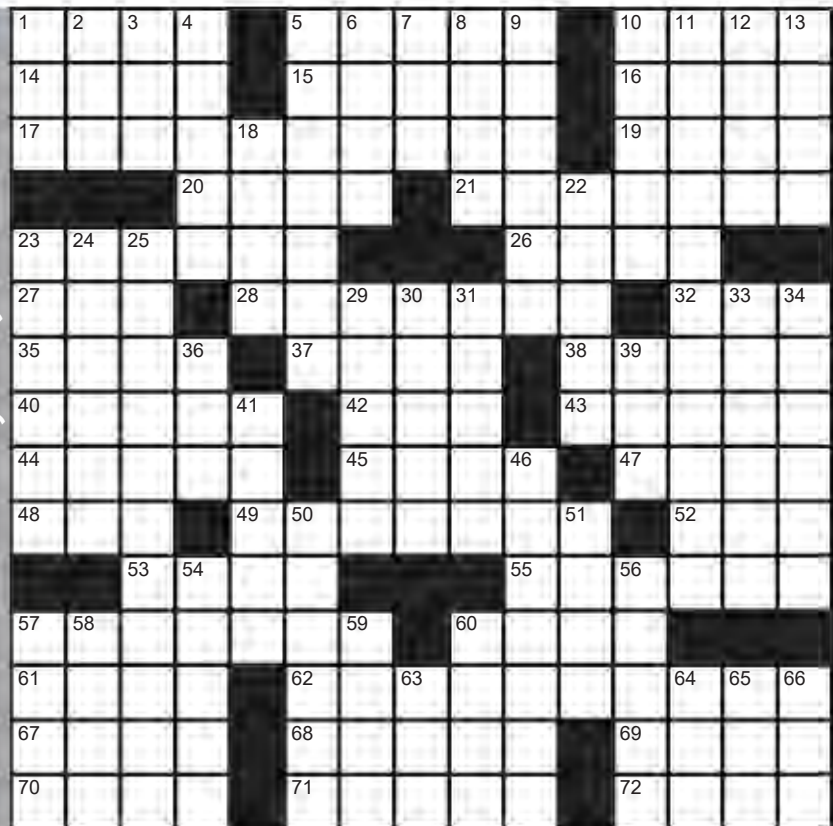
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CROSSWORD By Matt Jones



FAMILY MATTERS

ANSWERS NEXT WEEK!

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ACROSS

1. "Jeopardy!" creator Griffin
5. A-list notable
10. Cellar, in apt. ads
14. Summer camp setting
15. Grande's costar in 2024 and 2025 films
16. "Fine by me"
17. Dow Jones Industrial Average, e.g.
19. 2007 NBA MVP Nowitzki
20. ___ contendere (no contest plea)
21. Half of the green Trivial Pursuit category
23. Hot green paste
26. Forever ___ day
27. Dramatic division
28. Puts under a spell
32. Ballpark figure?
35. Rage ___ (2025's Oxford Word of the Year)

37. Suffix dropped from 22-Down's full name
38. Add up to
40. Ghana's capital
42. "Family" found in the four long theme answers
43. "America" singer in "West Side Story"
44. "Oliver Twist" burglar Bill
45. Short opening letter?
47. Distant lead-in
48. "Bali ___" ("South Pacific" tune)
49. Turntable part
52. Coffee dispenser
53. First-time gamer
55. They run the show
57. Dryer by the sink
60. "The Grapes of Wrath" itinerant
61. Follow
62. Japanese cat figurine with one

- paw raised
67. "That's pretty cool"
68. Solo
69. Dually packaged candy bar
70. Ultrafast fliers, once
71. Really enjoy
72. Provocative

DOWN

1. Portland Timbers' org.
2. Get takeout, perhaps
3. "Citizen Kane" film studio
4. D&D villain, or a "Stranger Things" antagonist
5. Top
6. Puzzle cube creator Rubik
7. Top
8. Nights before
9. Freight train unit
10. Foreshadowed
11. Boat brand designed for a certain water

- activity
12. "Double Dare" host Summers
13. Little kid
18. Japanese beef city
22. Pic-based social media site, for short
23. Illinois-Indiana border river
24. Small tree that's a source of gum arabic
25. Long, thin bug that camouflages well with leaves
29. "Little Miss Sunshine" Oscar winner Alan
30. L.L. Bean's home state
31. "___ vincit amor": Virgil
33. Past adolescence
34. Jimmy Carter's Georgia hometown
36. Three, in Italian

39. Lowest roll on a D20
41. John Jacob on the Titanic
46. Fan of Capt. Kirk and crew, as some (including Leonard Nimoy) prefer
50. Late-2000s first family
51. Year of Super Bowl XXXVI
54. "For sure!"
56. The part after the decimal point, sometimes
57. Puts on
58. Nile wading bird
59. Fundraising event
60. Prefix meaning "wine"
63. 11th mo.
64. Flock mother
65. Cereal with a puffed ball shape
66. Acne-treating brand

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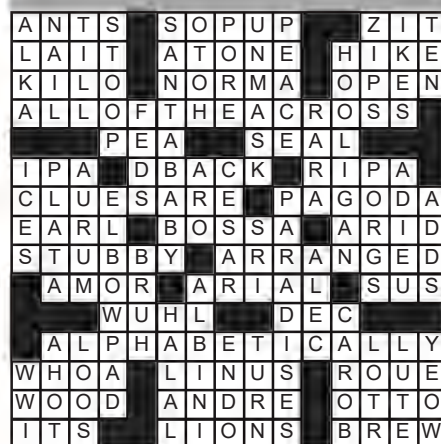
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[Civ. Code Sec. 798.56a(e); Comm. Code Secs. 7209, 7210]

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A 1990 mobilehome, Manufacturer 90002 SKYLINE HM INC Tradename KNOLLWOOD: HCD Decal Number LAR6053, Serial number 14700500Z; HUD Label/Insignia Number CAL364006 measuring 60 feet in length and 14 feet in width per section.

SINCE THE DEMAND MADE under Civil Code Section 798.56a(e) and Commercial Code Sections 7209 and 7210(2) by **Coastal Woods Properties LLC** ("Community Owner") for payment in full of the storage charges due and unpaid was not satisfied, the above-stated mobilehome, held on account of Donna Kuhn and due notice having been given to all parties known to claim an interest in the mobilehome and the time specified in the notice having expired, **notice is hereby given** said mobilehome, and all of the fixtures contained in the home, will be advertised for public sale and sold by auction at **10:00 a.m. on February 6, 2026 at 1059 Deborah Drive, McKinleyville, CA 95519**. The subject mobilehome, and all fixtures contained in the home, will be sold in bulk, "as-is" without warranties of title, fitness for a particular purpose or any other warranties, express or implied, and will be subject to a credit bid by Community Owner. The sale is subject to change upon proper notice.

Please take notice payment at the public sale must be made by certified funds within three (3) days of the warehouse lien sale or at the time the mobilehome is removed from the premises, whichever is sooner. Failure to pay or remove as required will result in failure of the bid in which case the next highest third party bid will be taken subject to these same terms and conditions; if the next highest bidder is Community Owner's credit bid, then Community Owner's credit bid will prevail.

Reasonable storage charges at the per diem rate of \$17.89 from July 23, 2025 through December 23, 2025, plus utilities and other charges due as of September 2025 of \$201.52, including estimated charges of \$1,000.00 for publication and service charges (note: this is an estimated administrative charge only; actual charges incurred must be paid to satisfy the demand for payment), all associated with the storage of the mobilehome in the sum of \$3,938.69. Additionally, you must pay daily storage in the amount of \$17.89 per day accruing on or after December 24, 2025, plus utilities and other charges associated with the storage of the mobilehome due after September 2025 and continuing until the mobilehome is removed from the Community.

Please take further notice all third-party bidders must remove the subject mobilehome from the premises within three (3) days after the sale or disposition of the same. THE MOBILEHOME MAY NOT REMAIN

IN THUNDERBIRD MOBILE ESTATES AFTER THE SALE OR DISPOSITION. Any purchaser of the mobilehome will take title and possession subject to any liens under California Health & Safety Code §18116.1. All bidders are responsible and liable for any penalties, or other costs, including, but not limited to, defective title or other bond, which may be necessary to obtain title to, or register, the mobilehome. THUNDERBIRD MOBILE ESTATES Dated: January 10, 2026 at San Jose, California BY:



Lucas R. Coe
Attorney at Law Lathrop GPM, LLP
70 S. First Street
San Jose, CA 95113-2406 (408)286-9800 (phone)
(408)998-4700 (fax)
Lucas.coe@lathropgpm.com
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1/15, 1/22 (26-002)

**ORDER TO SHOW CAUSE
FOR CHANGE OF NAME**

Mehgan Burton
CASE NO. CV2502849
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH ST.
EUREKA, CA. 95501
PETITION OF: Mehgan Burton
for a decree changing names as follows:

Present name
Mehgan Joelle Burton
to Proposed Name
Mehgan Joelle Chastain
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: February 20, 2026
Time: 8:30 a.m., Courtroom: 4, Room: 4

To appear remotely, check in advance of the hearing for information about how to do so on the court's website. To find your court's website, go to www.courts.ca.gov/find-my-court.htm.

SUPERIOR COURT OF CALIFORNIA,
COUNTY OF HUMBOLDT 825 FIFTH STREET EUREKA, CA 95501
Date: January 5, 2026
Filed: January 5, 2026
/s/ Timothy A. Canning
Judge of the Superior Court
1/15, 1/22, 1/29, 2/5/2026 (26-020)

**NOTICE OF PETITION TO
ADMINISTER ESTATE OF
MARGARET R. WOODCOCK
CASE NO. PR2500291**

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of MARGARET RUTH WOODCOCK A PETITION FOR PROBATE has been filed by Petitioner EDWARD R.

WOODCOCK

In the Superior Court of California, County of Humboldt.

The petition for probate requests that EDWARD R. WOODCOCK be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 19, 2026 at 9:30 a.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Room: 4

For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

Petitioner:
Edward R. Woodcock
4662 Little California St
Eureka, CA 95503
(707) 630-1712
Filed: December 9, 2025
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT
1/15, 1/22, 1/29/2026 (26-023)

**FICTITIOUS BUSINESS NAME
STATEMENT 25-00662**

The following person is doing Business as

Dirtbag Travel Adventures

Humboldt

2526 7th St

Eureka, CA 95501

Joshua H Jackson

2526 7th St

Eureka, CA 95501

The business is conducted by an individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on n/a.

I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Joshua Jackson, Owner

This December 22, 2025

by JR, Deputy Clerk

1/1, 1/8, 1/15, 1/22 (26-008)

**FICTITIOUS BUSINESS NAME
STATEMENT 25-00661**

The following person is doing Business as

Electro Espresso Etc

Humboldt

4191A Central Avenue

McKinleyville, CA 95519

Daniel P Kalmanson

4191A Central Avenue

McKinleyville, CA 95519

The business is conducted by an individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on 10/1/25.

I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Daniel Kalmanson, Owner

This December 19, 2025

by JC, Deputy Clerk

1/1, 1/8, 1/15, 1/22 (26-009)

**FICTITIOUS BUSINESS NAME
STATEMENT 25-00652**

The following person is doing Business as

Humboldt County Children's Author Festival

Humboldt

1313 3rd Street

Eureka, CA 95501

PO Box 6089 Eureka, CA 95502

Friends of the Redwood Libraries

CA 0502609

1313 3rd Street

Eureka, CA 95501

The business is conducted by a corporation.

The date registrant commenced to transact business under the fictitious business name or name listed above on n/a.

I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Linda Lorvis, Managing Member
This December 17, 2025

by SC, Deputy Clerk

1/1, 1/8, 1/15, 1/22 (26-010)

**FICTITIOUS BUSINESS NAME
STATEMENT 25-00670**

The following person is doing Business as

Nor Cal Renovations LLC

County of Humboldt

355 Painter St

Rio Dell, CA 95562

Nor Cal Renovations LLC

CA B20250419994

355 Painter St

Rio Dell, CA 95562

The business is conducted by an individual.

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable

I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Cameron Millsap, Managing Member

This December 20, 2025

JUAN P. CERVANTES

by sg, Humboldt County Clerk

1/8 1/15, 1/22, 1/29/2026 (26-013)

**FICTITIOUS BUSINESS NAME
STATEMENT 25-00655**

The following person is doing Business as

Redwood Coast Racing League

County of Humboldt

181 E 12th St

Arcata, CA 95521

Humboldt Skatepark Collective

CA 2359463

2437 E Cochran Rd

McKinleyville, CA 95519

The business is conducted by a Corporation

The date registrant commenced to transact business under the fictitious business name or name listed above on December 15, 2025

I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Charles E Caldwell, CEO

This December 18, 2025

JUAN P. CERVANTES

by JR, Humboldt County Clerk

1/8, 1/15, 1/22, 1/29/2026 (26-014)

**FICTITIOUS BUSINESS NAME
STATEMENT 25-00643**

The following person is doing Business as

Stan Smith Insurance Services

County of Humboldt

509 J St Suite 3

Eureka, CA 95501

Theatta L Smith

509 J St Suite 3

Eureka, CA 95501

Phillip D Smith

509 J St Suite 3

Eureka, CA 95501

The business is conducted by a Married Couple

The date registrant commenced to transact business under the fictitious

business name or name listed above on Not Applicable

I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Theatta Smith, Owner

This December 12, 2025

JUAN P. CERVANTES

by jc, Humboldt County Clerk

1/8 1/15, 1/22, 1/29/2026 (26-015)

**FICTITIOUS BUSINESS NAME
STATEMENT 20250157**

The following person is doing Business as

Trillium

Del Norte

681 H Street

Crescent City, CA 95531

True North Organizing Network

517 3rd Street Ste #16

Eureka, CA 95501

The business is conducted by a corporation.

The date registrant commenced to transact business under the fictitious business name or name listed above on n/a.

I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Denise Doyle-Shnacker

This December 1, 2025

by Hannah Gill, Deputy Clerk

1/1, 1/8, 1/15, 1/22 (26-016)

**FICTITIOUS BUSINESS NAME
STATEMENT 25-00669**

The following person is doing Business as

Cove Care Inspections

County of Humboldt

73 Fawn Dr

Whitethorn, CA 95589

Nicole R Wood

73 Fawn Dr

Whitethorn, CA 95589

Aron J Wood

73 Fawn Dr

Whitethorn, CA 95589

The business is conducted by a Married Couple

The date registrant commenced to transact business under the fictitious business name or name listed above on 12/20/2025

I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Nicole R Wood, Co-partner

This December 29, 2025

JUAN P. CERVANTES

by JR, Humboldt County Clerk

1/15, 1/22, 1/29, 2/5/2026 (26-017)

**FICTITIOUS BUSINESS NAME
STATEMENT 20250156**

The following person is doing Business as

Crescent City Lunchbox

County of Del Norte

210 Winding Creek Circle

Crescent City, CA 95531

2021 Fillmore St. PMB 2205

San Francisco, CA 94115

The Lunchbox Partners LLC

2021 Fillmore St. PMB 2205

San Francisco, CA 94115

The business is conducted by a Limited Liability Company

The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable

I declare that all information in this statement is true and correct.

A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).

/s/ Ruth Leroi

This December 18, 2025

ALISSIA NORTHRUP

by Claire Landay, Del Norte County Clerk-Recorder

1/15, 1/22, 1/29, 2/5/2026 (26-018)

**FICTITIOUS BUSINESS NAME
STATEMENT 26-0008**

The following person is doing Business as

Fem-O-Ral Farms Sohumboldt

County of Humboldt

4895 Ettersburg Honeydew Rd

Shelter Cove, CA 95589

PO Box 2093

Redway, CA 95560

William F Rolff

4895 Ettersburg Honeydew Rd

Shelter Cove, CA 95589

The fictitious business name was filed in HUMBOLDT County on Not Applicable

Alyssa M Wilson
97 ½ Phillips Ct
Arcata, CA 95521
Samuel A Wilson
97 ½ Phillips Ct
Arcata, CA 95521
This business was conducted by: A Married Couple
/s/ Alyssa M Wilson, Owner
This statement was filed with the HUMBOLDT County Clerk on the date December 5, 2025
I hereby certify that this copy is a true and correct copy of the original statement on file in my office
Juan P. Cervantes
by sc, Humboldt County Clerk
1/15, 1/22, 1/29, 2/5/2026 (26-025)

FICTITIOUS BUSINESS NAME STATEMENT 26-00014

The following person is doing Business as
West Farthing
County of Humboldt
361 Main St
Ferndale, CA 95536
Borgen Holdings LLC
CA 20246171551
763 Oeschger Rd
Ferndale, CA 95536
The business is conducted by a Limited Liability Company
The date registrant commenced to transact business under the fictitious business name or name listed above on 11/30/2025
I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Joshua Borgen, member
This January 8, 2026
JUAN P. CERVANTES
by sg, Humboldt County Clerk
1/15, 1/22, 1/29, 2/5/2026 (26-026)

I declare that all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Joshua Borgen, member
This January 8, 2026
JUAN P. CERVANTES
by sg, Humboldt County Clerk
1/15, 1/22, 1/29, 2/5/2026 (26-026)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME

Christopher Champion Nixon
CASE NO. CV2502581
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH ST.
EUREKA, CA. 95501
PETITION OF: Christopher Champion Nixon
for a decree changing names as follows:
Present name
Christopher Champion Nixon
to Proposed Name
Samuel Worthington
THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted.
Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the

petition without a hearing.
NOTICE OF HEARING
Date: January 23, 2026
Time: 8:30 am, Dept. 4
For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: December 3, 2025
Filed: December 5, 2025
/s/ Timothy A. Canning
Judge of the Superior Court
1/1, 1/8, 1/15, 1/22 (26-003)

PUBLIC SALE

NOTICE IS HEREBY GIVEN that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the civil Code.
The undersigned will sell at auction by competitive bidding on the 21st of January, 2026, at 9:00 AM, on the premises where said property has been stored and which are located at Rainbow Self Storage. Arcata and McKinleyville auctions are online at www.StorageAuctions.com. The online auction begins 01/08/26 at 8AM and will end 01/21/26 at 8AM.
The following spaces are located at 4055 Broadway Eureka, CA, County of Humboldt.

Kenneth Cunningham, Space #5015
Brian Dukes, Space #5020
Alma Baker, Space #5321
Kevin Blake, Space #5334
Henry McGaha, Space #5523
The following spaces are located at 639 W. Clark Street Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.
Karen Connich, Space #2406
Alma Baker, Space #3411
Garrett Christian, Space #3504

The following spaces are located at 3618 Jacobs Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.
Zackarias Rowe, Space #1165
Brooke Dougherty, Space #1207
James Nolan, Space #1398
Davida Miller-White, Space #1503
Sean Marsh, Space #1513
Jonathan McGowan, Space #1611
Kimberly Cauthen, Space #1658
Joel Shelton, Space #1680

The following spaces are located at 105 Indianola Avenue Eureka, CA, County of Humboldt and will be sold immediately following the sale of the above units.
Levi Rogers, Space #124
Terri Heddingner, Space #141
Michael Derum, Space #258
Robert Lockhart, Space #309
Angela Sapp, Space #343
Analia Martinez, Space #363
Taylor Haynes, Space #369
Marco Ramirez, Space #384
Justin Green, Space #442
Douglas Harris, Space #490
Mitchell McGrath, Space #587
Randy Harris, Space #608
Chelsey Cook, Space #729

Rachel Cortez, Space #830
The following spaces are located at 1641 Holly Drive McKinleyville, CA, County of Humboldt and will be sold online at www.StorageAuctions.com. Bidding begins January 8th, 2026 and ends January 21st, 2026 at 8AM.
Barbara Boone, Space #3131 (Held in Co. Unit)
Samantha Cardoza, Space #3241
Coleen Walton, Space #5122
Altonique Burton, Space #8121

The following spaces are located at 2394 Central Avenue McKinleyville CA, County of Humboldt and will be sold online at www.StorageAuctions.com. Bidding begins January 8th, 2026 and ends January 21st, 2026 at 8AM.
Christopher Reed, Space #9404
Teresa Cengia, Space #9533

The following spaces are located at 180 F Street Arcata CA, County of Humboldt and will be sold online at www.StorageAuctions.com. Bidding begins January 8th, 2026 and ends January 21st, 2026 at 8AM.
Melony Drum, Space #4307
Robert Nichols, Space #4321
Eli Kagan, Space #4622
Arlington McClinton III, Space #4720
Kristenlynn Tveter, Space #6026
Dan Reid, Space #6120
Terry Kotrc, Space #6141
Ashlee McKenney, Space #6158

The following spaces are located at 940 G Street Arcata CA, County of Humboldt and will be sold online at www.StorageAuctions.com. Bidding begins January 8th, 2026 and ends January 21st, 2026 at 8AM.
Abigail Serna, Space #6427
Tyler Martin, Space #6449
Ronald Richie, Space #6469

Items to be sold include, but are not limited to:
Household furniture, office equipment, household appliances, exercise equipment, TVs, VCR, microwave, bikes, books, misc. tools, misc. camping equipment, misc. stereo equip. misc. yard tools, misc. sports equipment, misc. kids toys, misc. fishing gear, misc. computer components, and misc. boxes and bags contents unknown.
Anyone interested in attending Rainbow Self Storage auctions must pre-qualify. For details call 707-443-1451. Purchases must be paid for at the time of the sale in cash only. Online Bidders will pay 10% with a card online, and 90% in cash in the office, plus a \$100 deposit. Storageauction.com requires a 15% buyers fee on their website. All pre-qualified live Bidders must sign in at 4055 Broadway Eureka CA. prior to 9:00 A.M. on the day of the auction, no exceptions. All purchased items are sold as is, where is and must be removed at time of sale. Sale is subject to cancellation for any reason whatsoever.

Auctioneer: Nicole Pettit, Employee for Rainbow Self-Storage, 707-443-1451, Bond # 40083246.
Dated this 8th day of January, 2026 and 15th day of January, 2026
1/8, 1/15/2026 (26-011)

NOTICE OF BULK SALE
(California Uniform Commercial Code §6101 et seq.)
Notice is hereby given that a bulk transfer is about to be made.
Seller:

WoodLab Designs, Inc
320 S G St, Arcata, CA 95521
Buyer:
Blue Lake Rancheria Economic Development Corporation (BLREDCO)
1 Aiyekwee Loop, Blue Lake, CA 95525
Business:
Manufacturing, fabrication, and design of wood and specialty products. Location of Assets:
320 S G St, Arcata, CA 95521
Description of Assets to be Transferred:
All or substantially all of the Seller's machinery, equipment, furniture, fixtures, tools, inventory, supplies, intangible property, and other assets used in the operation of WoodLab Designs' manufacturing business, excluding cash, accounts receivable, and any assets specifically excluded in the Asset Purchase Agreement.

Place and Proposed Date of Transfer:
Place: Aiyekwee Loop, Blue Lake, CA 95525
Date: On or about January 20, 2025
Claims:
This bulk sale is subject to Uniform Commercial Code Section 6106.2. All creditors of the Seller are hereby notified that they may file claims with respect to this transfer. Claims must be made in writing and received by: Blue Lake Rancheria
1 Aiyekwee Loop, Blue Lake, CA 95525
cmerny@bluelakerancheria-nsn.gov (707) 713-9696
Deadline for Claims:
No later than January 19, 2026.
Dated: 12/30/2025
1/8, 1/15/2026 (26-012)

NOTICE OF PETITION TO ADMINISTER ESTATE OF

Walter Raymond Branscom
CASE NO. PR2500330
To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of Walter Raymond Branscom
A PETITION FOR PROBATE has been filed by Petitioner, Mark R Branscom In the Superior Court of California, County of Humboldt. The petition for probate requests that Mark R Branscom be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on January 22, 2026 at 9:30 a.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 4
For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>
IF YOU OBJECT to the granting of the

petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Judd M. Patton
Hjerpe Law, Inc
350 E Street, 1st Floor
Eureka, CA 95501
(707) 442-7262
Filed December 23, 2025
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT
1/1, 1/8, 1/15 (26-004)

NOTICE OF PETITION TO ADMINISTER ESTATE OF

Dillon Nadine Lewis
CASE NO. PR2500331
To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of Dillon Nadine Lewis
A PETITION FOR PROBATE has been filed by Petitioner, Brent A. Lewis In the Superior Court of California, County of Humboldt. The petition for probate requests that Brent A. Lewis be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on January 22, 2026 at 9:30 a.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 4
For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>
IF YOU OBJECT to the granting of the

petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Jullia L. Hjerpe
Hjerpe Law, Inc
350 E Street, 1st Floor
Eureka, CA 95501
(707) 442-7262
Filed December 23, 2025
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT
1/1, 1/8, 1/15 (26-005)

NOTICE OF PETITION TO ADMINISTER ESTATE OF

Ileen Garcia
CASE NO. PR2500328
To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of Ileen Garcia
A PETITION FOR PROBATE has been filed by Petitioner, Humboldt County Public Administrator
In the Superior Court of California, County of Humboldt. The petition for probate requests that Humboldt County Public Administrator be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on January 22, 2026 at 9:30 a.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 4
For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>
IF YOU OBJECT to the granting of the

A HEARING on the petition will be held on January 29, 2026 at 9:30 a.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 4
For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>
IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.
YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.
ATTORNEY FOR PETITIONER:
Natalie Duke, Office of County Counsel
825 Fifth Street, Suite 110
Eureka, CA 95501
(707) 445-7236
Filed December 22, 2025
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT
1/1, 1/8, 1/15 (26-006)

A HEARING on the petition will be held on January 29, 2026 at 9:30 a.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 4
For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>
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Filed December 22, 2025
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT
1/1, 1/8, 1/15 (26-006)

NOTICE OF PETITION TO ADMINISTER ESTATE OF

Steven Garcia, AKA Steven Henry Garcia, AKA Steven Henry Garcia Jr.
CASE NO. PR2500327
To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, of Steven Garcia, AKA Steven Henry Garcia, AKA Steven Henry Garcia Jr.
A PETITION FOR PROBATE has been filed by Petitioner, Humboldt County Public Administrator
In the Superior Court of California, County of Humboldt. The petition for probate requests that Humboldt County Public Administrator be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.
A HEARING on the petition will be held on January 22, 2026 at 9:30 a.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 4
For information on how to appear remotely for your hearing, please visit <https://www.humboldt.courts.ca.gov/>
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(707) 445-7236
Filed December 22, 2025
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT
1/1, 1/8, 1/15 (26-007)

A HEARING on the petition will be held on January 29, 2026 at 9:30 a.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 4
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1/1, 1/8, 1/15 (26-007)

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COUNTY OF HUMBOLDT
1/1, 1/8, 1/15 (26-007)

1/1, 1/8, 1/15 (26-007)

LEGALS?

County Public Notices

Fictitious Business

Petition to Administer Estate

Trustee Sale

Other Public Notices

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David S. McGinty
September 22, 1943 - December 29, 2025

David S. McGinty was born September 22, 1943 to Raymond and Lorraine McGinty in Fairbury Nebraska. He passed peacefully on December 29, 2025, after several years of failing health.

David and his family moved to Humboldt County in the early 1950's and lived in a logging camp in Grizzly Creek, a Con Camp in Happy Camp, then Arcata and Eureka.

David went to work for the City of Eureka in April of 1964, first working in the zoo where he became well acquainted with Bill the chimpanzee; then moving to the water treatment plant, eventually moving into City Hall. He became the Director of Community Services and retired from the City of Eureka in 2003. Of the many projects David was involved in over the years, he was most proud of the Wastewater Treatment plant, the Wharfinger Building and Small Boat Basin, and the waterfront Boardwalk.

Every August David could be found at the Humboldt County Fair where he enjoyed his passion for horseracing. For more than 12 years he was the anonymous handicapper who wrote "The Sage" tip sheet.

Every September he joined his closest friends for deer hunting with the Grouse Mountain Hunting Club.

His final months were blessed with regular visits from Kairos, a six year old, yellow lab with a truly angelic disposition. Those visits brought him great joy.

David was preceded in death by his parents, his brother Larry and sister-in-law Ilene, 8 aunts and uncles on his mother's side, 8 aunts and uncles on his father's side, and numerous cousins.

He is survived by his wife of 40 years, Judith; his daughter and son-in-law Jenifer and Chris Doane, and grandson Colin Doane of Eureka; former wife Betty Jean McGinty; stepdaughter Brandie Burnham and grandson Brandon Burnham; stepson Todd Garner and grandchildren Trevor, Dylan and Sydney Garner.

A Celebration of David's life will be held at his Wharfinger Building on Saturday, February 21, 2026, at 3 pm. Please put it on your new, 2026 calendar, now.

If you would like to honor David's memory with a charitable donation we suggest Hospice of Humboldt, Food for People, Miranda's Rescue, or the local organization most dear to your heart

We Print Obituaries

Submit information via email to classified@northcoastjournal.com, or by mail or in person.

Please submit photos in JPG or PDF format, or original photos can be scanned at our office.

The *North Coast Journal* prints each Thursday, 52 times a year. Deadline for obituary information is at 5 p.m. on the Sunday prior to publication date.

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K'ima:w Medical Center, an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

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DIALYSIS CAREGIVER (2), DIALYSIS DEN – Regular F/T, Salary: DOE.

DENTAL ASSISTANT TRAINEE, DENTAL CLINIC – Regular, F/T, Salary: 18.40/hr.

CHIEF MEDICAL OFFICER, MEDICAL CLINIC – Regular, F/T, Contractual, Salary: DOE

DIRECTOR OF NURSING (DON), NURSING DEPARTMENT – Regular, F/T, Salary: DOE

ADMINISTRATIVE ASSISTANT, BEHAVIORAL HEALTH – Regular, F/T, Salary: DOE.

COALITION COORDINATOR, BEHAVIORAL HEALTH – Regular, F/T, Salary: DOE.

RECEPTIONIST, BEHAVIORAL HEALTH – Regular, F/T, Salary: \$17.90 – DOE.

DATA ENTRY/CODER TECH, HIM DEPARTMENT – Regular, F/T, Salary: DOE

DENTAL HYGIENIST, DENTAL CLINIC – Regular, F/T, Salary: \$46.72 – \$58.36/hr.

REVENUE CYCLE SPECIALIST, BILLING DEPARTMENT – Regular, F/T, Salary: DOE.

REVENUE CYCLE CLERK, BILLING DEPARTMENT – Temporary, On-call, Salary: DOE

MEDICAL BILLING SPECIALIST, BILLING DEPARTMENT – Regular, F/T, Salary: DOE

GENERAL LEDGER ACCOUNTANT, FISCAL DEPARTMENT – Regular, F/T, Salary: DOE.

TRIAGE RN – Nursing Department FT/Regular (\$60.39-\$66.68 DOE)

LICENSED VOCATIONAL NURSE – FT/Regular (\$46.46 - \$51.98 per hour)

HEALTH INFORMATION MANAGEMENT MANAGER – FT/Regular (\$30.60 – \$35.49 DOE)

SENIOR RADIOLOGIC TECHNOLOGIST – FT/Regular (\$35.59 - \$48.60 DOE)

PHYSICIAN – FT/Regular (\$290K-\$330 K)

MENTAL HEALTH CLINICIAN – FT/Regular (DOE licensure and experience) LMFT, LCSW, Psychologist, or Psychiatrist

DENTIST – FT/Regular (\$ 190 K-\$240 K)

All positions above are Open Until Filled unless otherwise stated.

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 OR call 530-625-4261 OR apply on our website: <https://www.kimaw.org/> for a copy of the job description and to complete an electronic application. Resumes/CVs are not accepted without a signed application.



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**8015 KNEELAND ROAD, KNEELAND
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**3092 WILLIS LANE,
HYDESVILLE
\$965,000**

Experience refined country living in Humboldt County with this thoughtfully designed single-family home, completed in 2024.

A spacious covered porch welcomes you into a stunning kitchen featuring vaulted ceilings, tall cabinetry, quartz countertops, a copper vent hood, built-in microwave, and a bar area with wine fridge. The living room offers vaulted ceilings and a built-in fireplace. The primary suite includes a walk-in closet and porch access. A private 624 sq ft guest suite with bath is located above the garage.



**3258 GREENWOOD HEIGHTS
DRIVE, KNEELAND
\$589,000**

Perfect spot above the fog but not far from town! So many creative indoor spaces for recreation, home office, hobbies, or guests. So many beautiful outdoor spaces for gardening, birdwatching, meditation, and play. 3 bedroom, 2 bath country home, with flex use room and mezzanine. Garage, shop, sheds, carport, decks, and even a duck house!



**429 EVERGREEN
AVENUE, ARCATA
\$765,000**

Just steps from Cal Poly Humboldt, this well-maintained 4-bed, 4-bath home boasts a strong rental history. Each spacious bedroom has an ensuite bath, newer flooring, and fresh paint. The bright upstairs living area features vaulted ceilings, skylights, a modern kitchen, laundry, and a deck with campus views. A charming 1-bed, 1-bath ADU includes a small office and private deck—ideal for owner occupancy or added rental income. A prime investment opportunity in an unbeatable location.



**±1.79 ACRES HILLER
ROAD, MCKINLEYVILLE
\$245,000**

Discover an exceptional opportunity on this expansive ±1.78 acre parcel just a stone's throw from the ocean. Set back from the main street, the property offers

privacy while remaining close to coastal views and sea breezes. The flat, usable land is ready for development, with no Coastal Development Permit required for a single family residence per the County. Ideally located near Hiller Park and the scenic Hammond Trail, it offers easy access to recreation and coastal living.



**000 ANDERSON AVENUE,
MCKINLEYVILLE
\$475,000**

Wetside McKinleyville housing development project. Terrific location on a quiet side street, close to Hwy 101, beaches, the Hammond Trail, and Cal Poly Humboldt. ±3.86

acres with approved construction plans for 6 separate building lots with a minimum ½ acre size. Each parcel is flat with fertile soil, panoramic open skies, and great solar exposure. Next steps are to install utilities, drainage improvements, sidewalks, road, and driveway access. All plans available.



**±72 ACRES GOODMAN
RANCH ROAD,
GARBERVILLE
\$175,000**

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